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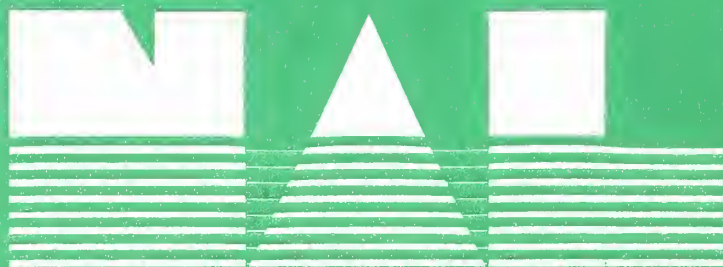


# Your Journey to Better Health

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HEALTHY LIVING THROUGH THE COMMODITY PROGRAM

**United States  
Department of  
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Many changes have occurred over the last century in the diets and lifestyles of American Indians. Traditional diets provided a variety of foods for good health. Physical activity was an everyday part of life, whether it was walking, hunting or dancing. According to the National Institutes of Health, during traditional times American Indians rarely had cancer, heart disease, diabetes, or experienced obesity. Today, these diseases are very common, and may be caused by a poor diet and an unhealthy lifestyle.

Traditional foods were often low in fat and were smoked, broiled and baked. Onions, potatoes, corn, plums, and salmon were commonly eaten and helped provide a balanced diet. Traditional foods are still popular today. Foods like rice, pasta, cereals, fruits, vegetables, and lean meats are nutritious, and like many traditional foods, can be found in today's commodity food package. The secret to a healthy diet is food preparation, moderation, and variety.

Over the years, the commodity food package has changed. In an effort to meet nutritional needs, salt and fat levels have decreased. Healthier items like fresh produce have been added for better taste and variety. Many USDA commodities are the same as name brand foods. Often only the label is different. In fact, some commodities are higher in nutritional value and quality standards than foods bought at the grocery store.

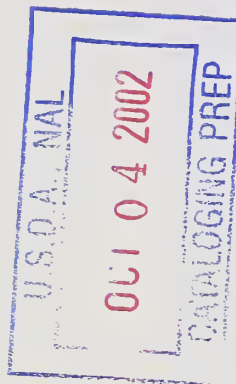
## HOW TO USE THIS BOOK

Welcome to "Your Journey to Better Health: Healthy Living through the Commodity Program." Take a trip to the Table of Contents, and plan your voyage. Discover the link between diet and health, and experience the thrill of a recipe hunt. Navigate through the chapters, and unlock the secrets to living well and eating well.

We will start you off on the right foot. The next step is up to you.

Good luck as you begin "Your Journey to Better Health."

*In memory of Charles Kagigebe. Sixteen years of dedication to, and belief in the Lac Courte Oreilles Commodity Program, the Midwest Region, and the Food Distribution Program on Indian Reservations.*



1. The first part of the paper is devoted to a general discussion of the problem of the existence of solutions of the system of equations



2. In the second part, we consider the case of a linear system of equations, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

3. In the third part, we consider the case of a nonlinear system of equations, and show that the existence of solutions is equivalent to the condition that the determinant of the Jacobian matrix is non-zero.

4. In the fourth part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

5. In the fifth part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

6. In the sixth part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

7. In the seventh part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

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16. In the sixteenth part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

17. In the seventeenth part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

18. In the eighteenth part, we consider the case of a system of equations with a variable coefficient, and show that the existence of solutions is equivalent to the condition that the determinant of the coefficient matrix is non-zero.

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# EXPLORING NUTRITION INFORMATION

## THE FOOD GUIDE PYRAMID

Healthy diets contain a variety of nutritious foods. Let the Food Guide Pyramid be your guide to daily food choices. The arrangement of the food groups in the pyramid shows the kinds of foods to eat more of and those to limit. The Food Guide Pyramid incorporates many principles that add up to a plan for eating lowfat foods that are high in vitamins, minerals, and other nutrients. Each of the food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. For good health, you need a variety of foods from all of the food groups.

Fats, Oils, & Sweets  
**USE SPARINGLY**

### KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

Fruit  
Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, & Pasta  
Group  
**6-11  
SERVINGS**

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

## WHAT COUNTS AS A SERVING?

The size of a serving depends on the type of food. Listed below are serving sizes from each food group for adults and youths. Young children need smaller portion sizes.

### Food Group

### Serving Size

**Bread, Cereal, Rice and Pasta Group**  
(6-11 servings daily)

1 slice of bread, ½ bagel or ½ hamburger bun  
½ cup cooked cereal, rice, or pasta  
1 ounce ready-to-eat cereal  
1 tortilla (6 inches round)  
1 pancake  
3-4 small crackers or 2 large crackers

**Vegetable Group**  
(3-5 servings daily)

½ cup cooked or chopped vegetables  
1 cup leafy raw vegetables  
¾ cup vegetable juice (6 ounces)

**Fruit Group**  
(2-4 servings daily)

1 medium piece of fruit  
¾ cup fruit juice (6 ounces)  
½ cup chopped, canned, or cooked fruit  
¼ cup dried fruit, such as raisins  
½ cup berries  
½ grapefruit

**Meat Group**  
(2-3 servings daily)

2-3 ounces cooked lean meat, poultry or fish\*  
1 cup cooked dry beans\*\*  
4 tablespoons peanut butter\*\*  
⅔ cup nuts\*\*  
2 eggs\*\*

**Milk, Yogurt and Cheese Group**  
(2-3 servings daily)

1 cup milk or yogurt  
1½ ounces natural cheese  
2 ounces process cheese

\* 4 ounces raw meat, poultry or fish equals about 3 ounces after cooking.

\*\* It may be difficult for some people to eat a full serving at one time. Try eating smaller servings of different foods that add up to one full meat group serving.

Serving sizes on food labels are often different from those on the Food Guide Pyramid. For example, the serving size on a can or carton of juice may be 12 ounces, equaling two “Pyramid” servings.

Food served at restaurants may also contain more than one serving from the Food Guide Pyramid. For example, a restaurant’s pasta serving may be equal to three or four servings from the Pyramid.



# HOW DOES YOUR DIET RATE FOR VARIETY?

Place a check on the line that best describes your eating habits. Compare your answers with the best answers listed at the bottom. If your answers are different, think about ways you can include these foods in your diet.

How often do you eat:	Daily	3-6 times a week	1-2 times a week	Seldom or never
1. at least 6 servings of bread, cereals, pasta, rice, crackers or other foods made from grains?	_____	_____	_____	_____
2. foods made from whole grains, such as whole-wheat bread, oatmeal, etc.?	_____	_____	_____	_____
3. two or more kinds of fruit or fruit juice?	_____	_____	_____	_____
4. three or more different kinds of vegetables?	_____	_____	_____	_____
5. a dark-green leafy vegetable, such as spinach, broccoli or turnip greens?	_____	_____	_____	_____
6. cooked dry beans or peas (kidney, pinto, etc.)?	_____	_____	_____	_____
7. two servings of lean meat, poultry, fish or alternatives such as eggs, dry beans or nuts?	_____	_____	_____	_____
8. two servings of milk, yogurt or cheese?	_____	_____	_____	_____

- Daily.** Both whole grain and enriched breads, cereals and pastas provide carbohydrates and other important nutrients your body needs.
- Daily.** Whole-grain foods provide fiber and other nutrients.
- Daily.** Choose several kinds of fruits everyday. Try fruit for a snack.
- Daily.** It is important to include several varieties of vegetables in your diet.
- Daily or 3-6 times a week.** Dark-green leafy vegetables contain vitamins and minerals that are low in many people's diets.
- Daily or 3-6 times a week.** Cooked dry beans and peas are a good source of protein and fiber and are good alternatives to meat products.
- Daily.** Most people include meat, poultry and fish in their daily diet. Cooked dry beans, peanut butter, nuts and eggs can be used as alternatives to meat.
- Daily.** We need the calcium and other nutrients found in milk, yogurt and cheese everyday to keep our bones strong.

## HOW MANY SERVINGS DO YOU NEED EACH DAY?

	NUMBER OF SERVINGS FOR 1,600 CALORIES*	NUMBER OF SERVINGS FOR 2,200 CALORIES**	NUMBER OF SERVINGS FOR 2,800 CALORIES***
Bread Group	6	9	11
Fruit Group	2	3	4
Vegetable Group	3	4	5
Meat Group	2 to 3	2 to 3	2 to 3
Milk Group	2 to 3	2 to 3	2 to 3
Total fat (grams) <i>equal to 30% of calories</i>	53	73	93
Saturated fat (grams) <i>equal to less than 10% of calories</i>	17 or less	24 or less	31 or less

### Key

- \* *This is about right for women who are not very active and some older adults.*
- \*\* *This is about right for most children, teenage girls, active women and men who are not very active.*
- \*\*\* *This is about right for teenage boys, many active men, and some very active women.*

**Special Note:** Women who are pregnant or breast-feeding should see a health professional at their local health clinic for information about their diet.

# TEST YOUR PORTION SIZE KNOW-HOW

Have you been estimating portion sizes correctly?  
Take this quiz to find out.

1. AN OUNCE AND A HALF OF CHEESE  
LOOKS MOST LIKE  
(a) one domino (b) two dominoes  
(c) three dominoes
2. A HALF CUP OF COOKED PASTA FITS INTO  
(a) an ice cream scoop—the kind with a release handle  
(b) a ball the size of a medium grapefruit  
(c) a large cereal bowl
3. A HALF CUP OF GREEN GRAPES IS  
ABOUT HOW MANY?  
(a) 10 (b) 15 (c) 20
4. THREE OUNCES OF BEEF MOST RESEMBLES  
(a) a *T.V. Guide* (b) a bar of soap (c) two dice
5. TWO TABLESPOONS OF PEANUT BUTTER  
COULD BE ROLLED INTO A BALL THE SIZE OF  
(a) a marble (b) a tennis ball (c) a ping pong ball
6. A MEDIUM APPLE LOOKS MOST LIKE  
(a) a tennis ball (b) a golf ball (c) a volley ball

Answers: 1. c 2. a 3. b 4. b 5. c 6. a

## SERVING SIZES

Learning to judge serving sizes takes practice. Until you feel comfortable with it, you should measure foods with measuring cups and spoons. Judging serving sizes correctly can help you determine if are eating the right number of servings from each of the food groups.



# NUTRIENTS IN FOOD

Many different nutrients are needed for good health. These include carbohydrate, protein, fat, vitamins, minerals, and water. Most foods contain more than one nutrient.

## CARBOHYDRATE

Three types of carbohydrate are sugar, starch, and fiber.

*Sugar* gives food flavor. Sugar contains calories, but few vitamins and minerals. There are many different types of sugar. They include brown sugar, cane sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, sucrose, and sugar syrup.

*Starch* is a major source of energy. Foods that contain starch also contain many vitamins and minerals. Good sources of starch are grains (wheat, oats, corn, rice) and products made from grains such as flour, pasta, breads, and cereals. Vegetables, such as potatoes, sweet potatoes, dry beans and dry peas, are also good sources of starch.

*Dietary fiber* is found in plant foods. Fiber helps your digestive tract function. Eating foods with fiber can help satisfy your appetite. Lentils, sunflower seeds, dry roasted peanuts, bran cereal, shredded wheat, black beans, great northern beans, kidney beans and pinto beans are good sources of fiber. Other foods that are good sources of fiber include apples, bananas, pears, prunes, raspberries, strawberries, oranges, raisins, corn, and potatoes.

## PROTEIN

*Protein* is needed for the continued growth and maintenance of your body. Protein also forms the hormones and enzymes used to regulate body functions. Beef, pork, poultry, fish, eggs, milk, yogurt, and cheese are animal proteins. Vegetable proteins include cooked dry beans, dry peas, lentils, peanut butter, and nuts.



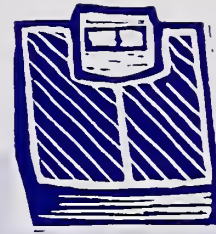
## FAT

Everyone needs fat in their diet. Certain essential fats are needed for brain development, vision and the formation of some hormones. Fats also carry fat-soluble vitamins (A, D, E and K) throughout your body. Health experts recommend that 30% or less of a diet's total calories come from fat. For many adults, that's about 65 grams per day. There are two types of fat -- saturated and unsaturated.

*Saturated fats* are usually animal fats. Most saturated fats are solid at room temperature. Partially hydrogenated vegetable oils, such as shortening and margarine, contain saturated fat and trans fatty acids, which act like saturated fats. Health experts recommend that less than 10% of a diet's calories come from saturated fat. For many adults that's about 20 grams or less per day.

*Unsaturated fats* are liquid at room temperature. Two types of unsaturated fats are monounsaturated and polyunsaturated. Olive, canola, and peanut oils contain large amounts of monounsaturated fat. Sunflower, safflower, corn, soybean, and cottonseed oils contain large amounts of polyunsaturated fat. Using monounsaturated fat and polyunsaturated fat in place of saturated fat can help keep blood cholesterol levels down.

*Cholesterol* is a fat-like substance. It is used by your body to produce hormones. It also helps give cells their structure. Cholesterol comes from two sources. It is produced by your liver. It is also found in foods that come from animals, such as meats, egg yolks, and dairy products. Foods from plants, such as fruits, vegetables, grains, nuts, and seeds, do not contain cholesterol.



## CUT THE FAT

To reduce fat, saturated fat and cholesterol:

**Eat** lean meat, fish, and skinless poultry.

**Eat** main dishes that use pasta, rice, beans, and/or vegetables as the main ingredient.

**Use** cooking methods that require little or no fat, such as boiling, broiling, baking, roasting, stewing, poaching, steaming, sauteeing, stir frying, or microwaving.

**Trim** off fat before cooking meat and poultry. Drain fat after browning meat.

**Chill** soups and stews after cooking, then skim the hardened fat from the top.

**Limit** egg yolks to 3-4 per week.

**Limit** your use of organ meats, such as liver, brains, chitterlings, kidney, heart and gizzards.

**Choose** skim (nonfat) and 1% (lowfat) milk. Choose nonfat and lowfat yogurt and cheeses. Read food labels and choose other foods that are low in fat and saturated fat.

**Use** liquid vegetable oil instead of lard or solid shortening.

## VITAMINS AND MINERALS

Vitamins and minerals are needed by your body everyday in very small amounts. Many functions in the body depend on vitamins and minerals. The four vitamins and minerals listed here are shown on many food labels in the grocery store.

*Vitamin A* helps form and maintain healthy skin, hair and mucous membranes. It also helps people see in dim light. Some good sources of vitamin A are cantaloupe, mangos, broccoli, carrots, greens, pumpkin, spinach, winter squash, sweet potatoes, and tomatoes. Liver, whole eggs, and milk also contain vitamin A.

*Vitamin C* helps form collagen, which gives structure to bones and muscles. It also helps the body absorb iron. It is an antioxidant that helps fight cancer. Many fruits and vegetables are good sources of vitamin C, including cantaloupe, citrus fruits and juices (grapefruit, orange, etc.), kiwi, pineapple, raspberries, watermelon, asparagus, broccoli, cabbage, cauliflower, peppers, sweet potatoes, and tomatoes.

*Calcium* helps build and maintain strong bones and teeth. It also helps your muscles contract and your blood clot. Milk, yogurt, cheese, spinach, collards, and sesame seeds are good sources of calcium. Calcium-fortified foods like orange juice, white bread, rice, and breakfast cereals are also available. Vitamin D helps your body absorb calcium. Vitamin D is found in fortified dairy products, fortified cereals, eggs, and margarine.

*Iron* helps carry oxygen throughout the body. Good sources of iron include meat, dry peas, navy beans, great northern beans, kidney beans, blackeye peas, lima beans, spinach, Swiss chard, enriched breads, and fortified or enriched cereals.

## WATER

Water, often called the “forgotten nutrient”, is needed to replace body water lost in urine and sweat. It helps transport nutrients, remove wastes, and regulate body temperature. Water is an important part of a healthy diet. It is calorie-free, inexpensive, readily available, and absorbed faster than other beverages.

To prevent dehydration, drink eight to twelve 8-ounce glasses of water or other fluids a day. Signs of moderate dehydration are thirst, dry lips, dry mouth, and/or concentrated (dark colored) urine. Besides water, other hydrating beverages include juice, milk, herbal tea, and carbonated soda without caffeine. Dehydrating beverages include coffee, tea, carbonated sodas with caffeine, beer, wine, and other alcoholic beverages.

## FOOD LABELS AND CLAIMS

Many food labels use words such as free, light and reduced. These words can help people spot foods which offer nutritional benefits. The chart below lists some nutrient descriptions and their definitions.

<b>Fat Free or Nonfat</b>	Less than 0.5g of fat per serving.
<b>Lowfat</b>	3g or less of fat per serving.
<b>Reduced Fat or Lower Fat</b>	At least 25% less fat per serving than the traditional item.
<b>Light</b>	At least 33% fewer calories per serving than the traditional item; <i>or</i> At least 50% less fat per serving than the traditional item; <i>or</i> A low-calorie, lowfat food with 50% less sodium than the traditional item.
<b>Lean</b>	Less than 10g of fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving.
<b>Extra Lean</b>	Less than 5g of fat, less than 2g of saturated fat, and less than 95mg of cholesterol per serving.
<b>Low Saturated Fat</b>	1g or less of saturated fat per serving.
<b>Low Cholesterol</b>	20mg or less of cholesterol and 2g or less of saturated fat per serving.
<b>Low Calorie</b>	40 calories or less per serving.
<b>Sugar Free</b>	Less than 0.5g of sugar per serving.
<b>High</b>	20% or more of the Daily Value of a nutrient per serving.
<b>Good Source</b>	10-19% of the Daily Value of a nutrient per serving.
<b>Low Sodium</b>	140mg or less of sodium per serving.



# THE FOOD LABEL

Most packaged foods contain a Nutrition Facts label. It can help you decide if a food fits into your diet. Use this example to learn how to read a Nutrition Facts label.

**A.** Serving Size — Is your serving the same as the one on the label? If you eat double the serving size listed, you are eating twice the nutrients and calories. If you eat one-half the serving size, you are eating one-half the nutrients and calories.

**B.** Calories — Look here to see how a serving of the food adds to the total number of calories you need each day.

**C.** Total Fat — Most people need to cut back on fat. Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. Choose foods with a big difference between the total number of calories and the number of calories from fat.

**D.** Saturated Fat — Saturated fat is part of the total fat in food. It is listed separately because it may raise blood cholesterol and your risk of heart disease.

**E.** Cholesterol — Too much cholesterol may lead to heart disease. Challenge yourself to eat less than 300mg each day.

**F.** Sodium — You call it “salt,” the label calls it “sodium.” Either way, it may

add up to high blood pressure in some people. So, keep your sodium intake low—2,400-3,000mg or less each day.

**G.** Total Carbohydrate — Carbohydrates give you energy. Foods like bread, potatoes, fruits and vegetables contain carbohydrates.

**H.** Dietary Fiber — Fiber may help reduce the risk of heart disease and cancer. Fruits, vegetables, whole-grain foods, and beans are all good sources of fiber.

**I.** Protein — Most people get more protein than they need. Eat small servings of lean meat, fish, and poultry. Use skim or lowfat milk, yogurt, and cheese. Try vegetable proteins like beans, grains, and cereals.

**J.** Vitamins and Minerals — Your goal is 100% of each for the day. Don’t count on one food to do it all. Eat a variety.

**K.** Daily Values — For fat, saturated fat, cholesterol, and sodium, choose foods with a low % Daily Value. For total carbohydrate, dietary fiber, vitamins, and minerals, your goal is to choose foods that add up to 100% of each.



## A

Servings Per Container 4

B

Calories from Fat 27

D

5%

0%

0%

F

13%

H

4%

12%

1

C

E

G

J

K

60%

4%

K

Calories per gram:

### Protein 4



# DISCOVERING THE LINK BETWEEN DIET AND HEALTH

Many factors, including diet, affect your health. Heart disease, cancer, diabetes, stroke, and osteoporosis are leading causes of death and disability for Americans. Eating a healthy diet is one step you can take to help reduce your risk for developing some of these diseases.

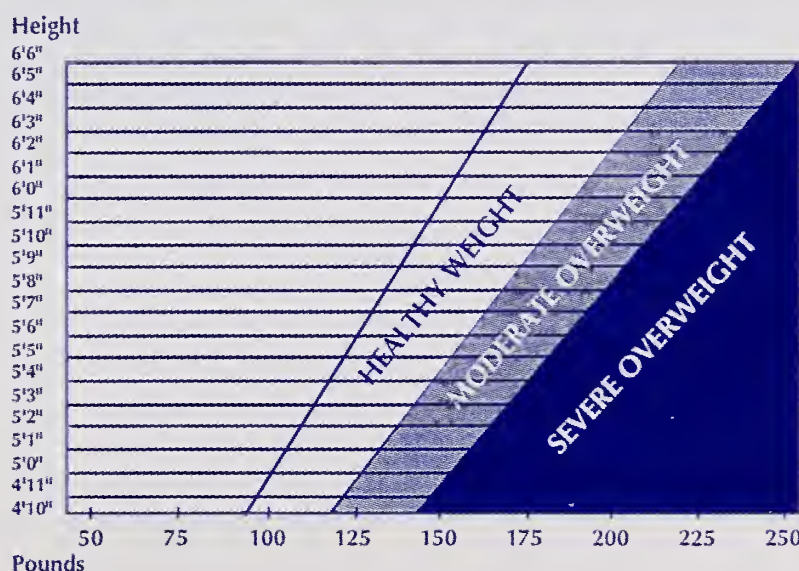
Healthy diets contain a variety of foods. They also contain the right amounts of carbohydrate, protein, fat, vitamins, minerals, and water. Healthy diets are low in fat, saturated fat, cholesterol, and salt (sodium chloride) and high in grain products, vegetables, and fruit.

**The information in this section is not a substitute for professional, medical advice.**

## EXCESS WEIGHT

Many people gain weight as they age. Gaining weight increases the chance of developing high blood pressure, heart disease, stroke, diabetes, some types of cancer, arthritis, breathing problems, and other illnesses. Healthy weight ranges for adults are shown here. Weight ranges are given because people who are the same height may have different amounts of fat, muscle, and bone. See where you fit in.

Are you at a healthy weight?



Source: U.S. Department of Agriculture,  
U.S. Department of Human Services.

Healthy diets and exercise can help you maintain or lose weight. Eating less fat and reducing portion sizes can help you eat fewer calories. If you are not physically active, spend more time doing physical activities during the day. See the sections *Exploring Nutrition Information* and *The Path to Physical Activity* for more information.

## DIABETES

Diabetes Mellitus is a disease in which the body is unable to adequately produce or use insulin. This affects the way your body uses energy from food. The risk of developing diabetes increases with age. If you have diabetes, you have a greater risk of having a heart attack or stroke.

There are two major types of diabetes—insulin-dependent diabetes mellitus and non-insulin-dependent diabetes mellitus.

*Insulin-Dependent Diabetes Mellitus* (IDDM) or juvenile-onset diabetes usually occurs in young children or adolescents. People with IDDM need insulin shots. The amount of insulin taken must be balanced with food intake and physical activity.

*Non-Insulin-Dependent Diabetes Mellitus* (NIDDM) is most common in adults. Obesity increases your chances for developing NIDDM. For most people, the treatment is weight loss and increased physical activity. If you have NIDDM, you may need to take pills or insulin shots.

There is no one diet for diabetes. A diabetes meal plan must be based your needs, treatment goals, eating habits and lifestyle. See a health professional at your local health clinic for help with a diabetes meal plan and information about exercising.

### HEALTH AWARENESS

Many people with diabetes are not aware of their illness. Symptoms of diabetes are: urinating often, feeling very thirsty, feeling very hungry, unexplained weight-loss, having blurry vision, feeling very tired, and having sores that heal slowly.



## HEART DISEASE AND STROKE

Coronary heart disease is America's number one killer. Stroke is also a leading cause of death. Some factors that may increase your chance of getting heart disease or having a stroke are:

- age (men over 45 years old and women over 55 years old)
- family history (a close relative had a heart attack or stroke)
- cigarette and tobacco smoke (if you smoke or live with people who smoke every day)
- high cholesterol (240mg/dL or higher)
- low HDL-cholesterol (less than 35mg/dL)
- high blood pressure (140/90 mm Hg or higher)
- physical inactivity (less than 30 minutes of activity at least 3 days a week)
- weight (20 pounds or more overweight)
- diabetes (or need medicine to control blood sugar)
- medical history (personal history of heart problems)

Some risk factors for heart disease and stroke cannot be changed. However, we can control some factors such as smoking, obesity, and blood cholesterol levels. Diet and exercise can play a major role in preventing heart disease and stroke. See the sections *Exploring Nutrition Information* and *The Path to Physical Activity* for information about a lowfat diet and exercise.

## HIGH CHOLESTEROL

Too much cholesterol in the blood increases your risk for heart disease. LDL-cholesterol (bad cholesterol) can build up in the walls of the arteries. This build up can block the flow of blood leading to the heart and brain. Medical experts think that HDL-cholesterol (good cholesterol) is carried away from the arteries and back to the liver so it can be eliminated from the body. HDL-cholesterol prevents build up in the arteries.

See the section *Exploring Nutrition Information* for information about reducing fat, saturated fat, and cholesterol. See the section *The Path to Physical Activity* for information on physical activity.

### SOME FACTORS THAT MAY LEAD TO HIGH BLOOD CHOLESTEROL:

- being overweight
- not being physically active
- eating too much saturated fat
- eating too much cholesterol
- family history (genetics)

## HIGH BLOOD PRESSURE

High blood pressure (hypertension) means your blood pressure is 140/90 mm Hg or higher. High blood pressure may increase your risk for heart disease. Some factors that can affect blood pressure are:

- family history (parents have high blood pressure)
- medications (some medications can raise blood pressure or interfere with drugs used to treat high blood pressure)
- race (African Americans have higher risk)
- weight (being overweight or obese)
- age (the older people get, the more likely they are to develop high blood pressure)
- physical activity (inactive lifestyle)
- alcohol intake (heavy drinking)
- diet (salt sensitivity)

The link between the amount of salt (sodium chloride) people eat and high blood pressure is not clear. If your blood pressure increases when you eat a lot of salt or decreases when you cut back on salt, you are “salt sensitive.”

Sodium and salt are found naturally in some foods like milk, meats and some vegetables. Foods such as breads, cereals and processed foods (canned and frozen products) often have sodium added. This gives the food more flavor. Sodium also helps preserve foods like cheese and lunch meats.

Sodium is needed for many body functions, including water balance and muscle activity. Most people eat more sodium than their bodies need. If you do not have high blood pressure, many health organizations recommend 2400 to 3000 milligrams of sodium per day. If you have high blood pressure, see a health professional at your local health clinic about specific actions you can take to lower your blood pressure. See the section *The Recipe Hunt* for information about using herbs and spices in place of salt.

## CANCER

People of all ages may get cancer. However, it is more common in the middle-aged and elderly. Cancer develops for many reasons. Some factors that are known to increase the risk of cancer are tobacco use, diet, alcohol consumption, sunlight, radiation, and chemical exposure.

Eating a diet high in fat may increase the risk of cancer of the breast, colon, uterus, and prostate. A healthy diet may lower the risk for these types of cancer. To reduce your risk, eat less fat and more fruits, vegetables, and grains. See the section *Exploring Nutrition Information* for more information.

Drinking large amounts of alcohol increases the risk of cancer of the mouth, throat, esophagus, and larynx. If you drink alcohol, do so in moderation. Moderation means no more than one drink a day for women. It means no more than two drinks a day for men. One drink is: 12 ounces of regular beer, 5 ounces of wine or 1 ½ ounces of 80-proof distilled spirits.

## OSTEOPOROSIS

Osteoporosis means porous bones. For people who have osteoporosis, bones are very fragile and can easily break. Bones in the hip, spine, and wrist fracture or break most often. A combination of factors, including diet, can lead to osteoporosis.

Some factors that increase your risk of getting osteoporosis are:

- age (bones become weaker with age)
- gender (women have less bone and lose it more quickly than men)
- race (Caucasian and Asian women are at a greater risk)
- bone structure and body weight (small-boned and thin women are at a greater risk)
- menopause/menstrual history (normal or early menopause, anorexia, bulimia, or excessive physical exercise)
- lifestyle (smoking, drinking too much alcohol, not getting enough calcium, or getting little weight-bearing exercise—weight-bearing exercises work against gravity, such as walking, jogging, aerobics and stair climbing)

Building strong bones can help you prevent osteoporosis. Until about age 30, people are building their bones. After that, diet and exercise help keep bones strong. To help build and maintain strong bones, calcium and vitamin D are needed. See the section *Exploring Nutrition Information* for information about foods that contain calcium and vitamin D. See the section *The Path to Physical Activity* for information about exercise. See a health professional at your local health clinic for information about taking medication or dietary supplements.



## FOOD ALLERGIES AND FOOD INTOLERANCES

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Food allergies and food intolerances affect many people. A food allergy is a reaction by your body's immune system. It is usually caused by a protein in food. Food allergy symptoms may differ from person to person. Symptoms also may differ in the same person with different exposures to the same food. Common symptoms of food allergy are rashes, hives, nausea, vomiting, diarrhea, sneezing, runny nose, and shortness of breath.

A more severe reaction, anaphylaxis, is rare but can be deadly. When anaphylaxis occurs, several different parts of the body experience allergic reactions. Symptoms may include itching, hives, swelling of the throat, difficulty breathing, lower blood pressure, and unconsciousness. These reactions usually happen very quickly. Immediate medical attention is necessary.

A food intolerance is a reaction that involves digestion or metabolism. It does not involve the immune system. It is usually caused by a food substance or additive. Monosodium glutamate (MSG) and food dyes are examples of food additives. Food intolerances are rarely life threatening. An adverse reaction to a preservative is a food intolerance.

Lactose intolerance, the inability to digest the sugar in milk, is another example of a food intolerance. If you suffer from lactose intolerance, lactose-reduced milk and other foods with lower amounts of lactose can still help you meet your calcium needs. Foods with lower amounts of lactose are yogurt, cottage cheese, and hard cheeses, such as American, Cheddar and Swiss. See the section, *Exploring Nutrition Information*, for information about other foods that are a good sources of calcium.

People with food allergies and intolerances should read ingredient lists on food labels carefully. Food and beverage manufacturers are constantly changing their products. Read food labels for every product purchased, each time it is purchased.

See a health professional at your local health clinic if you think you have a food allergy or food intolerance.

### HEALTH AWARENESS

The most common causes of food allergy are milk, eggs, peanuts, tree nuts (such as walnuts and almonds), soy, wheat, fish, and shellfish.

Among children, allergic reactions to dairy and eggs are most common.

There is no cure for food allergies. If you suffer from a food allergy, you should avoid foods that cause reactions.



# ADVENTURES FOR YOUTH

Your early adolescent years and teen years are a time of fast change and growth. When you look around, your size and shape probably doesn't look like your friends'. But that's okay. Teens grow at different rates and in different ways.

## ARE YOU ALWAYS HUNGRY?

As your body is growing, your energy needs will remain high. It may feel like you're always hungry. It is important that you eat enough to fill these energy needs. Most of your energy should come from carbohydrates. Eat six or more servings from the Bread, Cereal, Rice and Pasta Group. Grain products supply energy, along with nutrients and fiber. Fruits and vegetables are also good sources of carbohydrates and make great snacks. See the section, *Exploring Nutrition Information*, for more information.

## Dieting can be dangerous.

Dieting may cause more harm than good. Dieting may keep you from getting the nutrients needed for growth, healthy hair and healthy skin. Magazines, books, newspapers and T.V. may suggest fad diets which can be dangerous, especially during your growing years. If you are worried about your weight, check with your doctor or school nurse for their opinion. You may just need to grow into your weight.

## There are no good or bad foods

... but there are good and bad eating habits. It is the total amount and type of food eaten over several days that make the difference. This means it's okay to eat fried foods and burgers once in a while. But watch out; most are high in fat. Look for healthy choices at your favorite places. Try a salad with lowfat dressing, a grilled chicken sandwich or a bean burrito. Just remember, balance your food choices. If you have pepperoni pizza for lunch, choose a lower fat food for dinner. But whatever you do, **don't skip meals**. Skipping meals will only make you hungry and you often end up overeating at your next meal and eating unhealthy snacks. Start the day with a healthy breakfast. Eating breakfast will increase your energy level and help keep you from overeating at lunch. Breakfast doesn't have to include cereal - eat leftovers from dinner or make a sandwich.

**Q: Do teens need extra protein?**

**A: No.**

Extra protein doesn't build muscle, physical activity does. Two to three servings a day from the Meat and Milk Groups will provide enough protein for growing teens.

## How are strong bones made?

Growing bones need nutrients. Calcium and physical activity help build strong bones. See the section, *Exploring Nutrition Information*, to find out more about calcium.

## Snacks are important between meals.

Follow these healthy snacking tips:

- Pick snacks that fit in Food Guide Pyramid food groups.
- Slow down and enjoy your snacks.
- Eliminate temptation. Keep candy and chips out of reach.
- Know when to stop snacking. Fill a bowl and stop when it's empty.
- Plan your snacks. Eat them the same time everyday. This may keep you from snacking all day.
- Don't eat snacks one hour before mealtime.
- Eat different snacks so you don't get bored of the same thing.
- Read labels. "Lowfat" and "Fat Free" don't always mean calorie free.
- Make it easy to have a healthy snack by putting it within easy reach.
- If snack choices are high in sugar and fat, keep servings small.
- If you reach for a snack when you are bored, nervous, happy, angry or tense you may be eating when you are not hungry. Instead, exercise, go for a walk, call a friend or listen to music.

See *The Recipe Hunt* for snack ideas.

## GOOD HABITS

Eating patterns you form now may follow you throughout your life so it's important to start making healthy eating choices now. Eat a variety of foods from the Food Guide Pyramid. Buy fruits and vegetables for snacks, instead of candy and chips. Many popular snacks contain sugar and fat but not enough nutrients needed for growth. Soft drinks and flavored drinks are also high in calories and low in nutrients. Try water or 100% fruit juice instead, but remember that calories from fruit juice can quickly add up.

### SOME HEALTHY SNACK IDEAS

**Bread Group:** try a bagel, pretzels, popcorn, muffin or cereal.

**Fruit and Vegetable Groups:** reach for crunchy raw vegetables, fresh fruit, dried fruit, frozen fruit juice bars, or 100% fruit and vegetable drinks.

**Milk Group:** grab string cheese, reduced-fat yogurt or frozen yogurt.

**Meat Group:** try a hard-boiled egg or a handful of peanuts.



# PHYSICAL ACTIVITY FOR YOUTH

It is important to be physically active everyday. It will give you more energy, coordination, strength and flexibility. Exercise can help you maintain a healthy weight and strengthen bones and muscles. Each day, try to include 30 minutes of moderate physical activity.

## SIX WAYS TO REACH YOUR FITNESS GOALS

1. Set goals you can reach ... but ones that still provide a challenge.
2. Make a plan. Think of the small steps you can make to help you reach your bigger goals.
3. Prepare for challenges. Think of ways to deal with low energy or not enough time.
4. Ask for help, especially from family and friends. They may even want to join you.
5. Give yourself a break. It's okay to not follow your plan now and then. Nobody's perfect.
6. Pat yourself on the back. Enjoy the rewards of taking a few steps or reaching your goals.

Remember you need to accept your differences. Differences in your growth rate and body frame make your weight and height special to you. Your weight now doesn't tell you what you will weigh as an adult. Remember, eat healthy and exercise daily to be the best you can be. See the section, *The Path to Physical Activity*, for more information on physical activity.

## Fun ways to get moving

- Walk ... instead of getting a ride or busing it.
- Take the stairs ... instead of the elevator.
- Walk your dog ... or borrow a neighbor's.
- Dance ... with a friend or just by yourself.
- Bike ... for transportation or just recreation.
- Mow the lawn, weed the garden, clean the garage.
- Swim ... it will cool you off and get you fit.
- Play sports ... touch football, basketball, soft-ball or soccer ... whatever, just keep moving.
- Build a snowman, shovel snow, create a snow fort. (Be sure weather conditions aren't dangerous.)
- Try out for after school sports and clubs.
- Limit your TV watching and video games. You can't build strong bones and muscles sitting.

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Be sure to drink eight to twelve 8-ounce glasses of water every day so you don't become dehydrated. Drink more if you work up a sweat. If you exercise less than one hour, drink water. If you exercise more than one hour in a high-intensity sport, like football, soccer, basketball, swimming and gymnastics, you may want to try a sports drink. Avoid drinks with caffeine because they can dehydrate you even more. See *The Recipe Hunt* to learn how to make your own sports drink.

# TIPS FOR PARENTS

## IS MY CHILD OVERWEIGHT?

- Children come in many shapes and sizes. Don't compare your child's weight to other children.
- Children do not always grow at the same rate. Your child may grow into his or her weight.
- Compare your child's height and weight to other family members when they were growing.
- If concerned, keep a record of your child's height and weight. Bring this record with you when seeing a health care professional.

## HOW CAN I HELP MY CHILD BECOME MORE ACTIVE?

- Join the local YMCA or recreation center.
- Encourage them to sign up for after-school sports and activities.
- Limit the amount of time they watch TV and play video games.

## HOW CAN I HELP MY CHILD EAT BETTER?

- Serve a variety of good tasting, lowfat foods to everyone in the family. When trying to reduce fat, make small changes everyone can live with. Remember, the total diet is what counts, not the individual foods. If you serve a high fat food, also serve a lowfat food.
- Limit the amount of high fat and sugar snacks you purchase, such as chips and candy.
- Limit the amount of soda and fruit flavored drinks you purchase. Encourage your child to drink water, lowfat milk or 100% fruit juice. But remember, calories from fruit juice quickly add up.
- Try not to use sweets or snacks to reward your child for a job well done. Find other ways.
- Encourage them to eat only when they are hungry - not out of habit or boredom.
- Schedule time for meals and snacks. If they eat meals and snacks at the same time everyday, they are less likely to snack throughout the day.
- Offer snacks that are healthy, such as cereal and milk.
- Avoid diets, unless instructed by a physician. Allow your child to choose what and how much to eat. Restricting foods makes a child anxious and may lead to sneaking food and overeating.

## AND, MOST IMPORTANTLY ...

- Be a role model. If you eat healthy and exercise, your child may follow your example.
- Don't focus on your child's weight. Instead, focus on the whole family becoming healthier.
- Focus on building your child's self-esteem. Praise children for good grades, participating in sports and good behavior.



## AN EXCURSION FOR ELDERS

This section is for grandparents, elderly parents, aunts, uncles, other relatives, and friends. It is important to eat right and stay active to help you better manage any health problems you may have.

Nutrition and exercise are important throughout your life. As you age, your risk for nutrition related diseases such as osteoporosis, diabetes, heart disease and obesity increases.

Many factors influence your appetite and food choices:

### **MEDICATIONS**

Some medications may decrease your appetite, change the flavor of foods or prevent your body from using vitamins and minerals. Therefore, it's important that you ask your health care professional about how your medications may interfere with your diet.

### **LONELINESS**

Eating is often a social event, so living alone can sometimes decrease your appetite. Learn about your tribal elderly feeding program so you can eat with others. They may offer social activities like crafts, games, and fitness programs. These activities can bring you and your friends together and help you meet new ones.

### **LOSS OF APPETITE**

If your appetite has decreased or you feel full faster, try eating 6 small meals a day. Eating only one meal a day makes it almost impossible to get the variety of foods and nutrients you need to stay healthy.

## MAKE EATING MORE

### CONVENIENT, ENJOYABLE, SAFE, AND HEALTHY

- Keep a supply of easy-to-cook and ready-to-eat foods at home, such as cereals, cheeses, peanut butter, whole-wheat crackers, soups, yogurt, fruit juices and canned fruits and vegetables.
- Cook meals ahead of time, and refrigerate or freeze them right away. Then when you are too tired to cook, you can defrost and/or reheat them.
- Refrigerate home-delivered meals if you are not ready to eat when they arrive. If food has been at room temperature for 2 hours or more, throw it away. See the section, *The Road to Food Safety*, for more information.
- Take turns preparing and sharing meals with friends and relatives.
- Eat one meal a day at a community center.
- Eat the same tasty and nutritious foods when you are alone as you would with friends.

### Healthy teeth and gums are important.

Missing and/or loose teeth and dentures that don't fit right can make it difficult to eat.

- Visit the dentist regularly for teeth and denture check-ups.
- Brush teeth and dentures at least twice a day.
- Floss your teeth at least once a day.

### DO YOU HAVE DIFFICULTY CHEWING?

**C**ut meat into small pieces before cooking.

**C**hop vegetables and fruit.

**C**ook foods until they are soft.

**T**ry softer meat substitutes such as canned beans, eggs, peanut butter, cottage cheese or other cheeses.

**T**ry blending or mashing foods with a potato masher or blender.

## CONSTIPATION

Constipation is a common complaint among the elderly. Dietary fiber is important for keeping your digestive tract running smoothly and preventing constipation. Fruits, vegetables, beans, bran, and whole-grain cereals contain fiber. See the section, *Exploring Nutrition Information*, for more information about fiber. Exercising and drinking plenty of water can also help prevent constipation.

As you grow older, staying physically active is important. By staying physically active, you can increase your energy level, strengthen your muscles and bones, and improve your circulatory system. Try walking or climbing stairs. If you are physically limited in movement, do what you can to move and stretch safely every day. Check with your Tribal Health Clinic about physical activities that are safe for you or classes that may be available.

Be sure to visit your doctor regularly. Contact your local Tribal Health Clinic for information about your health concerns. They can answer your questions or refer you to others. See the sections *Discovering the Link Between Diet and Health* and *The Path to Physical Activity* for more information.

Dehydration is a common cause of hospitalization for older adults. Many elderly people do not feel thirsty, but drinking eight to twelve 8-ounce glasses of water a day is very important. Some other beverages count, too. Try juices, decaffeinated tea or coffee, or soups. Carry a water bottle with you when you leave home. Follow the advice of your health care professional if you have been told to reduce your fluid intake.

## DEHYDRATION







# THE PATH TO PHYSICAL ACTIVITY

Being physically active is just as important as eating a healthy diet. Physical activity can build strength, give you more energy, and help you maintain your weight. It may also help to reduce your risk for certain diseases like osteoporosis, diabetes and high blood pressure. Besides all of these benefits, it may help you reduce stress and feel good about yourself.

Try to do 30 minutes or more of moderate physical activity on most days of the week. Shorter periods of physical activity count, too. For example, three 10-minute walks during the day equal 30 minutes of activity. It is important to start slowly, no matter what the activity. Increase the speed and time when you feel ready. Be sure to stretch before and after any physical activity. **Remember to consult your doctor before starting any exercise program.**

## EXAMPLES OF MODERATE PHYSICAL ACTIVITY

**Bike riding.** Use your bike instead of driving.

**Walking briskly.** Whenever possible, walk instead of driving. If you don't like to walk alone, take a friend or the dog along, or get off public transportation a few blocks early and walk the rest of the way. Park far from store entrances and walk.

**Fishing.** Standing and casting are good ways to be active.

**Swimming.** This is a good way to cool off and be active.

**Canoeing.** This is a great workout.

**Yard work.** Mowing the lawn or gardening.

**Home care or repair.** House cleaning or painting.

**Taking the stairs.** To get started, ride the elevator to a half-way point and climb the rest of the way up. Add more stairs when you feel ready.

**Bowling and dancing.** These are great to do with friends.

**Community sports.** This is a great way to meet people and get fit. Check your local community center for fun activities. They may offer fitness classes.



## GETTING STARTED

The first step is the hardest when becoming more active. There will be times when you don't feel like being active. You may need some encouragement at these times. See the list at right for ideas on getting off to a good start.

It is important to drink plenty of water before, during and after exercise. When you exercise, your body loses fluids through sweat. If you don't replace the lost fluids you may become dehydrated. Drink eight to twelve 8-ounce glasses of water everyday and more if you work up a sweat.

Your body can't run on empty. If you work out for long periods of time, you may feel like eating more often. The Food Guide Pyramid is your best guide for choosing foods. Foods from the Bread, Cereal, Rice and Pasta Group give you energy to keep going. Fruits and vegetables also contain carbohydrate which gives you energy. See the section, *Exploring Nutrition Information*, for more information.

If you are involved in sports or an exercise program, try to not eat a big meal before you exercise. If you eat a big meal right before you exercise, you may end up with stomach cramps.

You do not need extra protein to build muscle. Exercise builds muscle. Eat 2 to 3 servings from the Meat Group everyday. Foods in the Milk Group also contain protein.

It is important to eat a healthy diet and be physically active to help your bones and muscles work better and to give you energy.

**Choose an activity you enjoy.**

This will make it easier to get motivated.

**Try a lot of different activities.**

This will keep you from getting bored.

**Find activities to share**

with a friend, family member or someone at work.

**Set short-term goals**

you know you can follow and long-term goals you think you can reach.

**Be physically active at the same time everyday.**

This way it will become part of your daily routine.

**Choose different locations to walk or bike.** Don't take the same way every time.

**Don't be hard on yourself**

if you miss a day or two. Just pick up where you left off.



# THE ACTIVITY PYRAMID

**EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...**

## IF YOU ARE INACTIVE *(Rarely do activity)*

Increase daily activities at the base of the Activity Pyramid by

- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

## IF YOU ARE SPORADIC *(Active some of the time, but not regularly)*

Become consistent with activity by increasing activity in the middle of the pyramid by

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

## IF YOU ARE CONSISTENT *(Active most of the time, or at least four days each week)*

Choose activities from the whole pyramid by

- changing your routine if you start to get bored
- exploring new activities

**ABOVE ALL...  
HAVE FUN  
AND  
GOOD LUCK!**



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## THE KEY TO LOSING POUNDS

This chart shows how physical activity can help you lose weight—if your calories don't increase and you aren't already eating more calories than your body needs.

Activity	Number of Minutes	Number of Days per Week	Pounds Lost per Year*
Walking briskly	10	5	4
Taking the stairs	5	5	2
Riding a stationary bike	10	5	5
Jumping rope	10	5	8
Cleaning the house	15	3	2
Bicycling	20	1	2
Playing actively with children	15	7	7
Shopping at the grocery store	30	1	2

*\*based on 154 pound person*

Adapted from: *Fitting Fitness In*, National Cattlemen's Beef Association, 1996.

## HOW TO BURN CALORIES

Approximate number of calories used by a 150-pound person in various activities. A lighter person uses fewer calories, and a heavier person uses more calories.

Activity	Calories Used Per Hour
Walking slowly (2 mph)	240
Walking fast (4 ½ mph)	440
Bicycling (6 mph)	240
Bicycling (12 mph)	410
Jogging (5 ½ mph)	740
Jogging (7 mph)	920
Jumping rope	750
Playing tennis (singles)	400
Cross-country skiing	700

Source: *Exercise and Your Heart, A Guide to Physical Activity*, National Institutes of Health



# THE ROAD TO FOOD SAFETY

Over seven million people suffer from foodborne illness, also known as food poisoning, each year. Foodborne illness usually resembles the “stomach flu” with symptoms of diarrhea, headache, fever and vomiting. Symptoms may appear as early as a half hour after eating the contaminated food or may not develop for up to two weeks.

Foodborne illness can be caused by eating foods that are contaminated with bacteria, viruses, parasites, and fungi. Foodborne illness is usually caused by bacteria. Bacteria may be present when you purchase food. Bacteria can also get into food during preparation, cooking, serving or storage.

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Bacteria need favorable conditions to survive and multiply. Bacteria like:

**Food.** Protein foods such as meat, poultry, seafood, eggs and dairy products are favorites.

**Moist conditions.** Bacteria need water.

**The right temperature.** They grow best between 40 degrees and 140 degrees.

**A neutral environment.** Bacteria don't like acidic foods such as vinegar, citrus fruits and tomatoes.

**Air.** They need oxygen to grow.

**Time.** Bacteria need time to multiply.



“Brazen Botchy”  
*Botulism*



“Savage Sam”  
*Salmonella*



“Cocky E. Coli”  
*E. Coli*

**Q: How can you prevent bacteria from contaminating your food?**

**A: Follow these four steps:**

**1. Keep food, hands and preparation areas clean.**

Wash your hands with hot, soapy water for 20 seconds before and after food preparation, especially after handling meat, poultry, seafood and eggs. Always wash your hands before eating and after using the restroom.

Fresh fruits and vegetables may contain bacteria when purchased. Wash fresh produce under cold running water. Apples, oranges, and other fruits and vegetables with firm surfaces can be scrubbed with a brush.

Wash the surfaces used to prepare your food with hot, soapy water. Using a disinfectant cleaner or a mixture of bleach and water on surfaces can add extra protection against bacteria. If using a bleach solution, mix 1 gallon of water with 1 tablespoon of bleach.

Always use clean towels to wash and dry kitchen surfaces. Wash dishcloths and towels often in the hot cycle of your washing machine.

**2. Don't cross contaminate. Separate raw meat products from all other foods.**

Separate raw meat, poultry, seafood and eggs from ready-to-eat foods such as fruits and vegetables. This will help prevent cross contamination.

Keep raw meat, poultry and seafood separate from other foods in your shopping cart and in your refrigerator. Store raw meat, poultry, and fish on the lowest shelf in your refrigerator so the juices from these foods don't drip onto other foods.

If possible, use a separate cutting board for raw meat products. Always wash your hands, utensils, cutting boards, and other work surfaces with hot, soapy water after they come in contact with raw meat products.

Never place cooked food on a plate that had raw meat on it.

### **3. Cook foods well.**

The best way to kill harmful bacteria is to cook food to the proper temperature for a long enough period of time. Using a thermometer is the only reliable way to ensure safety. Meat, poultry, seafood and eggs should be cooked to the following internal temperatures.

- Ground beef-at least 160 degrees.
- Steaks and roasts-at least 145 degrees.
- Whole chicken or turkey-at least 180 degrees.
- Ground chicken or turkey-at least 165 degrees.
- Chicken or turkey breasts-at least 170 degrees.
- Chicken or turkey thighs and wings-at least 180 degrees.
- Pork, all cuts-at least 160 degrees.
- The yolks and whites of eggs should be firm. Don't use recipes in which eggs remain raw or partially cooked.
- Fish should be opaque (cloudy) and flake easily with a fork.
- Heat leftovers to 165 degrees. Bring sauces, soups and gravies to a boil.
- When cooking and reheating in the microwave, make sure there aren't any cold spots. Rotate the dish for even cooking.

### **4. Chill foods by refrigerating them within 2 hours after cooking.**

Bacteria like a temperature between 40-140 degrees. This is known as the danger zone. So, set your refrigerator below 40 degrees and your freezer at 0 degrees. Check these temperatures once in a while with an appliance thermometer.

Refrigerate or freeze prepared foods, leftovers and other foods that can spoil within 2 hours or less. Put large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

Defrost or thaw foods in the refrigerator, under cold running water, or in the microwave. Never thaw foods at room temperature.

Marinate foods in the refrigerator.



## STORAGE AND SERVING GUIDE

### These foods:

### May not be safe to eat if they are:

#### Fresh Poultry

Stored raw in refrigerator for longer than 1-2 days (3-4 days when cooked).  
Left unrefrigerated for more than 2 hours before or after cooking.  
Eaten without thorough cooking.

#### Fresh Meat

Stored raw in the refrigerator for longer than 3-4 days  
(1 -2 days for hamburger).  
Discolored, smelly or slimy.  
Left unrefrigerated for more than 2 hours before or after cooking.  
Eaten without thorough cooking.

#### Fresh Fish

Stored for longer than 1-2 days in the refrigerator.  
Dried at edges; foul smell.  
Left unrefrigerated for more than 2 hours before or after cooking.  
Eaten without thorough cooking.

#### Frozen Meats, Poultry, Fish or Casseroles

Thawed at room temperature.  
Thawed, refrozen and thawed again.  
Eaten without thorough cooking.

#### Milk and Cream

Left unrefrigerated for more than 2 hours.

#### Eggs and Foods made with Eggs

Left unrefrigerated for more than 2 hours.  
Eaten without thorough cooking.

#### Canned Foods

Liquid spurts out when can is opened.  
Can is corroded, rusty, leaky, swollen on top or bottom or dented on side seams.  
Contents have off-odors or a foamy or mushy texture.  
Stored at hot temperatures or allowed to freeze and thaw.

#### Fresh Fruits or Vegetables

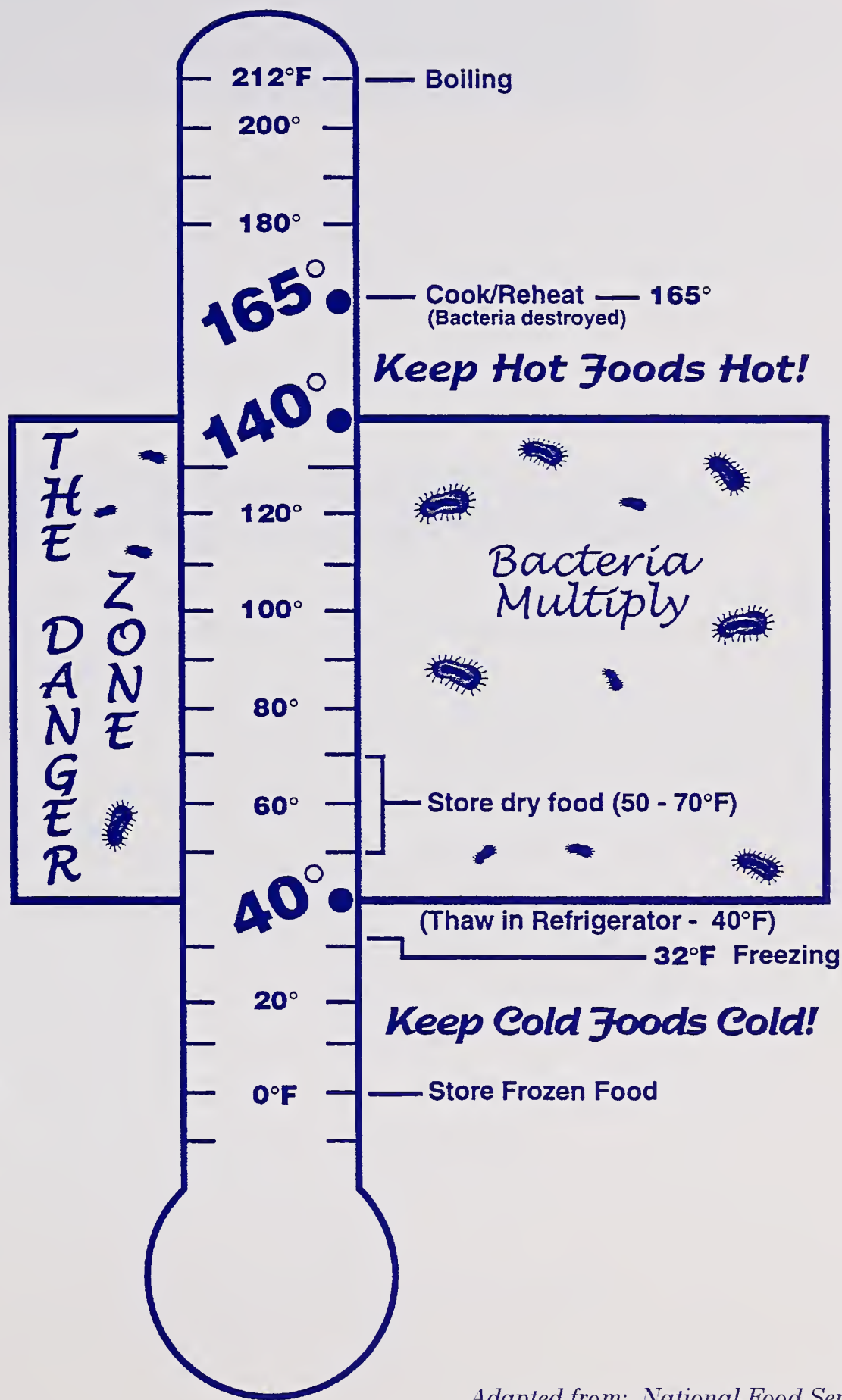
Unwashed, moldy, soft or discolored.

#### Bread Products

Moldy.  
Infested with insects.

**Use A  
Thermometer!**

**Always follow local  
& state safety and  
sanitation rules.**



*Adapted from: National Food Service  
Management Institute, Cooking for the  
New Generation*





# IN PURSUIT OF FRESH PRODUCE

Fresh produce is a great way to add flavor, nutrients, variety and fun to your diet. This makes using fresh produce a win-win situation. Many types of fresh fruits and vegetables are available to households through the commodity program. Discover the many flavors of fruits and vegetables used in the book. See the section *The Recipe Hunt* for great ideas with fresh products.

Here are some tips to help you make the best use of your produce:

## NUTRITION

The best thing about fresh produce is that it tastes good, and is good for you. Below are some of the items available in the commodity program and their nutritional benefits:

Commodity	Nutritional Benefit
Apples .....	fiber
Oranges .....	vitamin C and fiber
Carrots .....	fiber, vitamin A and beta carotene, an antioxidant that fights cancer
Potatoes .....	potassium, vitamin C and fiber
Butternut Squash .....	fiber and vitamin A
Acorn Squash .....	fiber
Pears .....	potassium and fiber
Sweet Potatoes .....	vitamin A and fiber
Turnips .....	fiber

*See the section Exploring Nutrition Information, for information on vitamins, minerals and fiber.*

# RIPENING

How do you know when fruits and vegetables are ready to eat? It's easy to tell with vegetables, but how can you be sure with fruit? Most fruits are best when they are ripe. However, some are better before they have ripened. For example, most people usually don't eat ripe apples because they become too mushy as they ripen. It's also important to remember that as fresh produce gets older, some vitamins and minerals lose their strength. Taste and texture often just aren't the same either. Below are some of fruits available in the commodity program and tips on how to tell if they are ripe or ready to eat.

## Commodity

## How to tell if ripe

Apples (Red Delicious) ..... firm, shiny color

Apples (Golden Delicious) ..... firm, shiny color

Apples (Granny Smith) ..... firm, attractive green color

Oranges ..... bright color, firm to touch, commodity  
oranges are shipped ripe and ready to eat

Grapefruit ..... firm, color doesn't always matter with  
grapefruit

Pears ..... top of pear can be pushed in by gentle  
pressure of your thumb. Don't use color  
as a way to tell because color doesn't  
affect the juicy goodness of a ripe pear

## STORAGE

Because fresh produce is not processed like canned or frozen produce, fresh fruits and vegetables do not last as long. With fresh produce, it's good to plan your meals ahead so that you can be sure to use them and get the best possible taste and nutrition. See the section *A Three Meal Tour* for more information. Below are some common fruits and vegetables you can get in the commodity program and the best way to store them.

**Apples.** Don't handle a lot. Keep dry and refrigerated until ready to eat. Keep apples away from other fruits and vegetables because they can pick up odors and flavors.

**Oranges.** Keep in a cool, well-ventilated area. Oranges may be refrigerated.

**Grapefruit.** Store in a cool, dry place.

**Carrots.** Keep in refrigerator high-humidity drawer. Keep away from apples and bananas because they can pick up their smells. Don't wash until you are ready to use them.

**Pears.** Handle carefully. Keep in a bowl or paper bag for 2 to 7 days until ripe, checking them daily. Refrigerate for longer storage.

**Potatoes.** Keep in a cool, dark, well-ventilated area. Do not refrigerate. Avoid putting them in the light.

**Summer Squash (soft).** Store in a cool area, and use within a few days.

**Winter Squash (hard).** Store in a cool, dry area. When stored right, winter squash can last for weeks.

**Sweet Potatoes.** Keep in a cool area with no drafts. Handle carefully because sweet potatoes bruise easily.



# On the Road with **Mr. Potato**

While on our journey to better health, we had the chance to walk and talk with Mr. Potato. During our time together, he revealed some interesting information about himself and his friends.

**Interviewer:** Mr. Potato, you have been accused of being high in fat and calories. What do you have to say about this?

**Mr. Potato:** I'm really not. Most fat and calories come from toppings. Why, just one tablespoon of butter will add 10 grams of fat and 100 calories. Instead, try topping me with stewed tomatoes, lowfat cheese, salsa, or dried herbs such as parsley, chives and basil.

**Interviewer:** Aren't there some bad rumors floating around about your friend the onion?

**Mr. Potato:** If you're talking about the whole crying incident, simply refrigerate the onion 30 minutes prior to peeling or slicing. And to make it milder tasting, pour hot water over, let stand, and then rinse with cold water.

**Interviewer:** I sliced an apple yesterday, walked away, and when I came back the apple was brown. This was very unappealing. What gives?

**Mr. Potato:** I assure you nothing was wrong with your apple. That browning is just the harmless reaction between air and the apple. It will not change the taste at all. But next time, place the slices in cold water or sprinkle with orange or lemon juice to solve the problem.

**Interviewer:** Finally, I find that sometimes my carrots have a bitter taste. What could be causing this?

**Mr. Potato:** You may be storing them too close to apples, bananas, or other fruits which produce gases. The carrot will take on this smell and taste bitter. Therefore, its best to keep carrots away from these items.

**Interviewer:** Thank you for your help Mr. Potato.

**Mr. Potato:** No, thank you. And good luck on Your Journey to Better Health.

## A THREE MEAL TOUR

Meal planning means thinking about meals in advance, making a shopping list, and buying only foods that are needed. This can save time and money. Using leftovers, cooking with foods that are on hand in the kitchen, and shopping smarter are all part of meal planning.

To plan tasty and healthy meals:

- Use more vegetables, pasta, and grains
- Use small amounts of meat
- Use fresh or canned fruit for dessert

### MEAL PLANNING TIPS

**Plan meals for a week at a time.**

**Find out what you have on hand.** Look at your canned and dry foods and foods in the refrigerator and freezer.

**Decide on main dishes.**

**Add other foods,** such as vegetables, fruits, grains, and a beverage. Combine foods your family likes.

**Plan menus using fruits and vegetables** that are in season.

**Be creative with leftovers.** Use them in soups, salads, sandwiches, hot dishes, and stews. Use leftover chili as a topping on baked potatoes or leftover applesauce as a topping on pancakes. Leftovers can be more appealing when you plan for them.

**Serve water or milk** instead of soda.

**Serve cold meals in the summer** and hot meals in the winter.

**Plan for snacks.**

## BREAKFAST TIPS

- This important meal gives you energy to start the day right. Foods eaten for breakfast do not have to be “traditional” breakfast foods. In fact, children may prefer eating sandwiches, pizza or other “nontraditional” breakfast foods.
- If your family does not drink milk, serve cheese, yogurt, or juice fortified with calcium.
- Add fresh berries or sliced bananas to cereal. Add berries, sliced bananas, or grated apples to pancakes. Top French toast or pancakes with canned fruit instead of syrup.
- Make muffins or quick bread on the weekend. Eat them for breakfast during the week.

## FDPIR Connection

Remember that  
you can use many  
commodity foods  
at breakfast.

*Just be creative!*

## LUNCH TIPS

- Try eating your largest meal of the day at lunch.
- Pack a lunch. You can save money and help your family make good food choices.
- Eat raw fruits and vegetables. They are easy to prepare and pack well for lunches away from home.
- Use whole wheat bread for sandwiches.
- Add lettuce or other vegetables to sandwiches.
- Serve leftovers from dinner for lunch the next day.

## SUPPER TIPS

- For most people, supper is the largest meal of the day. Many people eat more than they need at this meal. Serve smaller portions.
- Serve soup, salad, fruit, and bread or crackers for a tasty meal.
- Serve small amounts of meat at supper. Use less meat in casseroles and bean dishes.



# SAMPLE MENU

This menu was developed using meal planning tips that were listed earlier in this section. Foods with an \* next to them are recipes that use commodities. You can find them in the *The Recipe Hunt* section. Some recipes take longer to make than others. If you don't have time during the week, cook on weekends. Use leftovers during the week. Depending on the size of your family, you may have leftovers to serve over the next day or two. Leftovers should be eaten within 3 days. See *The Road to Food Safety* for more information.

Be sure to drink water and eat the recommended number of servings from the Food Guide Pyramid every day. Choose beverages and snacks that fit into the Food Guide Pyramid. See the section, *Exploring Nutrition Information*, for more information about water and the Food Guide Pyramid food groups. The shopping list on the next page lists the ingredients you will need to prepare all foods on this menu.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Ready-to-eat cereal with milk Banana Apple-Peanut Butter Muffin *	Toast Eggs Tomato juice	Apple-Peanut Butter Muffin * Orange wedges Cheese slices	Oatmeal with raisins and milk Toast Grapefruit half	Bagel with peanut butter Apple slices Pineapple juice
LUNCH	Tuna Macaroni Bake * Baked sweet potatoes Baked Apples *	Three Bean Soup * Crackers Fresh vegetable sticks Canned fruit	Vegetable soup Bagel with cheese and lunchmeat Fresh fruit New Oatmeal Raisin Cookies *	Macaroni and cheese Tossed salad with dressing Corn Applesauce	Salmon Patties * Peas Mashed potatoes Fresh pear
SUPPER	Oriental Chicken Soup * Crackers Jello with fruit	Sweet and Sour Pork * Rice New Oatmeal Raisin Cookies *	Baked chicken Baked potatoes Tossed salad with dressing Peach Crisp *	Burritos with Meat and Beans * Spanish Rice * Homemade Salsa * Fruit cocktail	Spaghetti with beef or bison meatballs Green beans Italian Bread * Pudding

# SHOPPING LIST

This shopping list includes all of the ingredients you will need to prepare the menu on the previous page. Depending on the size of your family, you may want to reduce some of the recipes by half or double the recipes. Follow the hints under *Shopping Tips* before going to the grocery store.

## Commodity Foods

### FRESH FRUITS AND VEGETABLES

Apples  
Oranges  
Grapefruit  
Pears  
Carrots  
Potatoes  
Onions

### GRAINS

Crackers  
Rice  
Oatmeal  
Ready-to-eat cereal  
Spaghetti noodles  
Macaroni noodles  
Egg noodles

### CANNED FOODS

Pineapple juice  
Orange juice  
Tomato juice  
Applesauce  
Peaches  
Pineapple  
Fruit cocktail  
Corn  
Carrots  
Tomatoes  
Green beans  
Peas  
Mixed vegetables  
Vegetable soup  
Spaghetti sauce  
Refried beans  
Peanut butter  
Chicken  
Pork  
Beef  
Tuna  
Salmon  
Lunchmeat  
Evaporated milk

### FROZEN FOODS

Ground beef or bison  
Chicken

### BAKING PRODUCTS

Shortening  
Vegetable oil  
Egg mix  
All-purpose flour  
Butter  
Nonfat dry milk  
powder\*

### MISC.

Raisins  
Cheese  
Kidney beans  
Dehydrated potatoes  
Macaroni and  
Cheese, packaged

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## At the Supermarket

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### PRODUCE

Lemon or lemon juice  
Lime or lime juice  
Bananas  
Celery  
Green pepper  
Lettuce  
Tomatoes  
Zucchini  
Jalapeno pepper  
(optional)

### CANNED FOODS

Cream of celery  
soup\*  
Tomato paste  
Green chilies  
(optional)

### BAKING PRODUCTS

Sugar  
Baking powder  
Baking soda  
Cornstarch  
Brown Sugar  
Yeast  
Honey

### SEASONINGS

Salt  
Pepper  
Chili powder  
Ground red pepper  
Ground cumin  
Garlic powder  
Soy sauce  
Ginger  
Minced onion  
Yellow Mustard  
Dried basil  
Dried oregano  
Ground cinnamon  
Nutmeg  
Chicken bouillon  
cubes

### REFRIGERATOR FOODS

Skim or lowfat  
milk\*\*  
Sour cream  
(optional)

### GRAINS

Bagels  
Whole grain bread  
Bread crumbs

### MISC.

Jello  
Pudding mix  
Salad dressing  
Garbanzo beans/  
chickpeas  
Blackeye peas

\*See *Ingredient Substitutions* in *The Recipe Hunt* section for a creamed soup substitute.

\*\*Use reconstituted nonfat dry milk in place of skim or lowfat milk.



## SHOPPING TIPS

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**Make a shopping list** Shopping lists help you avoid buying extra food. They also eliminate extra trips to the store.

**Don't shop with others.** Husband and wife teams spend more money than a single shopper. Children can make shopping difficult. You may find yourself giving into their demands.

**Shop once a week or less.** The more you shop, the more food you buy.

**Shop on a full stomach.** If you are hungry, you may buy more than you need.

**Take advantage of specials.** Foods on sale save money.

**Use coupons wisely.** If you are using coupons for a more expensive brand or the wrong size package, you may end up spending more money.

**Be aware of fancy store advertisements.** A large display at the end of an aisle might not mean that those foods are on sale.

**Buy the largest practical size that you will use.** Small individual packages are usually more expensive on a per unit basis (per ounce, per piece, etc.).

**Compare prices.** Foods at eye level are usually more expensive. Check the higher and lower shelves for better prices. Compare prices for brand name foods, generic foods, and store brand foods.

**Consider the cost of convenience foods** (pre-cut, pre-shredded, etc.). Paying to save time may be more expensive.

**Compare food forms.** Many foods are available fresh, canned or frozen. Their prices will be different.

**Don't impulse buy.** When you see a new product or sale item, don't buy it until you know how you will use it.

**Pay attention at the checkout counter.** Make sure you are getting the advertised price.

**Ask for a rain check.** When an item you want is sold out, ask for a rain check so you can buy it later. Not all stores give rain checks.

# THE RECIPE HUNT

## SAFETY IN THE KITCHEN

- Pull long hair away from your face and tie it back.
- Keep food preparation and cooking areas clutter free.
- Point knife blades away from your body when cutting food.
- Keep pot handles turned away from you when cooking on the stove.
- Use oven mitts when handling pots on the stove, in the oven, or in the microwave.
- Unplug all appliances when they are not in use. Never put an appliance into the sink to clean it.
- Wipe up all spills immediately.

## COMMON MEASUREMENTS

### This measure:

### Equals this amount:

1 tablespoon.....	3 teaspoons
$\frac{1}{4}$ cup .....	4 tablespoons
$\frac{1}{3}$ cup .....	5 tablespoons + 1 teaspoon
$\frac{1}{2}$ cup .....	8 tablespoons
$\frac{2}{3}$ cup .....	10 tablespoons + 2 teaspoons
$\frac{3}{4}$ cup .....	12 tablespoons
1 cup .....	8 fluid ounces or 16 tablespoons
1 pint .....	16 fluid ounces or 2 cups
1 quart .....	32 fluid ounces or 4 cups
$\frac{1}{2}$ gallon .....	64 fluid ounces or 8 cups
1 gallon .....	128 fluid ounces or 16 cups
1 pound .....	16 ounces

## KITCHEN TOOLS SUBSTITUTIONS

### If you don't have:

### Use this instead:

Measuring cup .....	Marked jar or baby bottle
Measuring spoons .....	Regular teaspoons and tablespoons
Wire whisk .....	2 forks or jar with lid
Potato masher .....	2 forks
Grater .....	Potato peeler
Soup ladle .....	Cup with handle
Biscuit or cookie cutters .....	Lids or rims of jars and glasses
Pot holder .....	Folded dry towel
Rolling pin .....	Smooth bottle or heavy drinking glass
Strainer or colander .....	Pan with lid
Mixing Bowls .....	Deep kettle or pan
Blender .....	Wire whisk or hand mixer
Cutting board .....	Sturdy plate
Cookie sheet .....	Bottom of cake pans
Pie pan .....	Flat cake pan
Round cake pan .....	Square or oblong pan
Roasting pan .....	Any pan or skillet that can be used in the oven with cover (or cover with foil)
Cooling rack .....	Oven rack

## Abbreviations

lb .....	pound
oz .....	ounce
tsp .....	teaspoon
Tbsp .....	Tablespoon



## INGREDIENT SUBSTITUTIONS

### If you don't have:

### Use this instead:

Baking powder (1 tsp) .....	¼ tsp baking soda + ½ tsp cream of tartar
Buttermilk (1 cup) .....	1 cup plain lowfat yogurt; or 1 Tbsp vinegar or lemon juice + enough milk to make 1 cup; or 1 cup milk + 1¾ tsp cream of tartar
Cornstarch (1 Tbsp) .....	2 Tbsp all purpose flour
Creamed Soup (10 oz) .....	1 cup evaporated milk + 1 Tbsp cornstarch + 1 tsp chicken or beef bouillon granules or 1 envelope of flavored soup mix (Combine all ingredients and heat until thick and bubbly.)
Fresh herbs (1 Tbsp) .....	1 tsp dried herbs
Lemon juice (1 tsp) .....	½ tsp white wine vinegar or cider vinegar
Light brown sugar (1 cup) .....	1 cup granulated sugar + 1 Tbsp molasses + ½ tsp baking soda; or ½ cup dark brown sugar + ½ cup granulated sugar
Milk (1 cup) .....	1/3 cup dry milk + 1 cup water; or ½ cup evaporated milk + ½ cup water
Tomato sauce (1 cup) .....	3/8 cup tomato paste + ½ cup water

## TO LOWER FAT

### Instead of this:

### Try this:

Bacon .....	Canadian bacon or turkey bacon
Baking chocolate (1 oz) .....	3 Tbsp unsweetened cocoa powder + 1 Tbsp oil (for frosting or sauces); or ¼ cup cocoa (for cakes and cookies)
Butter or margarine (as a spread) .....	Fat free or reduced fat margarine, liquid margarine, apple butter, preserves or jam
Butter or margarine (in baking, ½ cup) ....	¼ cup applesauce or prune puree + ¼ cup oil
Cream cheese .....	Neufchatel cheese, light or nonfat cream cheese
Egg (1) .....	¼ cup dry egg mix + ¼ cup water; or 2 egg whites; or ¼ cup liquid egg substitute
Ground beef .....	Ground turkey, chicken, or bison
Heavy cream .....	Evaporated skim milk
Oil (as base for marinade) .....	Orange or grapefruit juice; or flavored vinegar
Oil (for sauteeing) .....	Chicken or vegetable broth; or fruit juice
Sour Cream (in dips or as a topping) ....	Light or nonfat sour cream; or plain yogurt
Sour cream (in cooking) .....	Light sour cream
Sweetened condensed milk.....	Lowfat or nonfat sweetened condensed milk
Whole milk.....	Reduced fat, light, or nonfat milk

## SEASONING WITHOUT SALT

Use herbs and spices to help you prepare foods that are both tasty and healthy. Cooking with herbs and spices instead of salt is ideal for people who need to limit the amount of salt (sodium) they eat. Add them to meat, poultry, fish, pasta, rice, salads, or to any food that you might usually salt.

*Herbs* give food color, aroma and flavor. Examples of herbs are garlic, oregano, rosemary, basil, thyme and bay leaf.

*Spices* bring out the natural sweetness of foods. They are an important part of ethnic cooking. Examples of spices are cinnamon, nutmeg, ginger and cumin.

*Seasoning blends* are combinations of herbs and spices which provide unique flavors in one shake. Examples of seasoning blends are chili powder and curry powder.

Herbs come from the leafy part of plants. Spices come from the bark, buds, fruit, roots, seeds or stems of plants.

### FRESHNESS

Check herbs for freshness by sprinkling or crushing them in your hand. If you don't smell the aroma immediately, they are not fresh. Store herbs and spices in sealed, glass containers for long lasting freshness.

General storage guidelines:

#### SPICES

ground .. 3 years  
whole ... 4 years

#### HERBS

dried .. 1-3 years

#### SEASONING BLENDS

1-2 years

### Creating International Flavors

Turn everyday foods into an international treat with the following flavors from around the world:

**Mexican:** cayenne pepper, chili powder, cilantro, cinnamon, cumin, garlic powder and jalapeno peppers.

**Italian:** anise, basil, crushed red pepper, fennel, garlic, oregano, rosemary and sage.

**Chinese:** Chinese 5-spice, crushed red pepper, garlic powder, ground ginger, sesame seed, white pepper and whole red chilies.

**Thai:** basil, cilantro, cinnamon, crushed red pepper, garlic powder, ground ginger, mint, turmeric and whole red chilies.

**Greek:** cinnamon, dill weed, garlic powder, mint, onion powder, oregano and paprika.





## APPLE PINWHEEL

1 apple

2 Tbsp peanut butter

*Makes 1 serving*

1. Core apple.
2. Stuff the opening with peanut butter. Chill.
3. Slice crosswise to serve.

Source: University of Wisconsin Cooperative Extension Programs

### Nutrients per serving:

calories 271  
total fat 16.8g  
saturated fat 3.4g  
cholesterol 0mg  
sodium 149mg  
carbohydrate 27.2g  
dietary fiber 5.6g  
protein 8.3g

## BANANA MILKSHAKE

*Makes 2 servings*

### Nutrients per serving:

calories 163  
total fat 0.6g  
saturated fat 0.3g  
cholesterol 4mg  
sodium 113mg  
carbohydrate 32.7g  
dietary fiber 1.5g  
protein 8.3g

½ cup skim milk

½ cup fruit juice\*

¼ cup dry milk powder

1 banana

1. Combine all ingredients in a blender.
2. Blend until frothy.

Source: Fond du Lac Reservation Commodity Program

\* Nutrient analysis was calculated with pineapple juice.

# FRUITY PARFAIT

2½ cups granola, divided  
1½ cups canned pineapple,  
drained  
1¼ cups fresh or frozen  
berries, any variety\*

1¼ cup lowfat vanilla yogurt  
1 banana, sliced  
¼ cup raisins

1. Put half the granola in a bowl.
2. Layer pineapple, berries, yogurt, remaining granola, and bananas on top.
3. Top with raisins.

Source: Indiana Department of Education, *Yummy, Yummy to My Tummy!*, 1998

*Makes 8 servings*  
**Nutrients per serving:**  
calories 243  
total fat 9.5g  
saturated fat 2.1g  
cholesterol 2mg  
sodium 36mg  
carbohydrate 35.4g  
dietary fiber 5.2g  
protein 7.8g

\* Nutrient analysis was calculated with fresh strawberries.

# HOMEMADE SALSA

*Makes 6 servings*  
**Nutrients per serving:**  
calories 25  
total fat 0.3g  
saturated fat 0g  
cholesterol 0mg  
sodium 68mg  
carbohydrate 5.8g  
dietary fiber 0.9g  
protein 0.9g

1 cup fresh tomatoes, diced  
½ cup corn kernels  
½ cup onion, diced  
1 Tbsp (or less) jalapeno  
peppers, chopped

2 Tbsp lime juice  
2 cloves fresh garlic, finely  
diced

1. Combine all ingredients.
2. Serve with tortilla chips, fresh vegetables or over baked chicken or fish.

Source: USDA, Food and Nutrition Service, *Food, Family and Fun*



## SHERBET FROST

2 cups orange juice  
1 cup pineapple juice

$\frac{1}{3}$  cup fresh lime juice  
1 cup lemon or orange sherbet

*Makes 3 servings*

### Nutrients per serving:

calories 208

total fat 1.5g

saturated fat 0.7g

cholesterol 2mg

sodium 20mg

carbohydrate 48.4g

dietary fiber 0.6g

protein 2.2g

1. Mix juices, then refrigerate.
2. Before serving, fill 3 glasses with juice.
3. Add a scoop of sherbet to each glass.

Source: University of Wisconsin Cooperative Extension Programs

## SLIM JIM SNACK

*Makes 6 servings*

### Nutrients per serving:

calories 195

total fat 13.6g

saturated fat 1.7g

cholesterol 0mg

sodium 104mg

carbohydrate 14g

dietary fiber 2.5g

protein 7.1g

2 cups ready-to-eat cereal\*

$\frac{1}{2}$  cup sunflower seeds

$\frac{3}{4}$  cups peanuts

1. Toss all ingredients together.

Source: University of Wisconsin Cooperative Extension Programs

\* Nutrient analysis was calculated with Corn Chex cereal.

## SPORTS DRINK

¼ cup sugar  
¼ tsp salt  
¼ cup boiling water

¼ cup orange juice or 2 Tbsp  
lemon juice\*  
3¾ cup cold water

1. In the bottom of a pitcher, dissolve sugar and salt in hot water.
2. Add the juice and cold water. Chill

Source: Ohio Department of Education, Nutrition Education and Training Program

*Makes 4 (1 cup) servings*

### Nutrients per serving:

calories 55  
total fat 0g  
saturated fat 0g  
cholesterol 0mg  
sodium 152mg  
carbohydrate 14.1g  
dietary fiber 0g  
protein 0.1g

\* *Nutrient analysis was calculated with orange juice.*

## VEGGIE SPREAD

*Makes 16 (2 Tbsp) servings*

### Nutrients per servings:

calories 31  
total fat 1.5g  
saturated fat 0.3g  
cholesterol 0mg  
sodium 125mg  
carbohydrate 2g  
dietary fiber 0.3g  
protein 2.3g

\* *Nutrient analysis was calculated with green peppers, carrots and celery.*

8 oz nonfat cream cheese, softened  
⅓ cup lowfat mayonnaise  
½ tsp garlic powder  
1 tsp dried dill weed

1 tsp dried parsley  
½ tsp dried basil  
1 cup assorted vegetables, finely chopped\*

1. Mix cream cheese, mayonnaise, garlic powder and herbs. Blend until smooth.
2. Add vegetables, reserving a few to sprinkle on top. Mix well.
3. Serve on crackers, if desired.

Source: Stockbridge-Munsee Community Food Distribution Program

## SOUPS & STEWS

### ALL COMMODITIES STEW

1 can (29 oz) commodity meat of choice, drained and fat removed\*

1 can potatoes (about 16 oz), drained and chopped

1 can carrots (about 16 oz), drained and sliced

1 can whole kernel corn (about 16 oz), drained

1 can green beans (about 16 oz), drained

2 cans tomatoes (about 16 oz), with juice

1-2 cups water

garlic or onion to taste (optional)\*

*Makes 8 (1 cup) servings*

#### **Nutrients per serving:**

calories 301

total fat 8.7g

saturated fat 3.1g

cholesterol 66mg

sodium 1,318mg

carbohydrate 33.7g

dietary fiber 4.8g

protein 25.9g

1. Place all ingredients in a large pan.

2. Bring to a boil, stir, then lower heat. Simmer 10 minutes.

Variation: Other vegetables may be added or used in place of the vegetables listed.

Source: USDA , Food and Nutrition Service, *Quick & Easy Commodity Recipes*, PA-1449

*\*Nutrient analysis was calculated with canned beef. Optional ingredients were not included.*

### CABBAGE SOUP

*Makes 8 (1 cup) servings*

#### **Nutrients per serving:**

calories 69

total fat 0.4g

saturated fat 0.1g

cholesterol 0mg

sodium 1,075mg

carbohydrate 15.7g

dietary fiber 3.4g

protein 2.9g

1 large onion, chopped

½ head cabbage, chopped

3 cups water

1 Tbsp Worcestershire sauce

3 carrots, peeled and sliced

1 can (46 oz) tomato juice

3 bouillon cubes\*

pepper to taste, optional\*

1. Place all ingredients in a kettle.

2. Simmer for one hour.

Source: Bois Forte Band of Chippewa Food Distribution Program

*\*To lower the sodium, the number of bouillon cubes was reduced from 6 to 3. Optional ingredients were not calculated.*



## CHICKEN SOUP

*Makes 4 (1 ½ cup) servings*

**Nutrients per serving:**

calories 217  
total fat 4.3  
saturated fat 1.1g  
cholesterol 15mg  
sodium 1,129mg  
carbohydrate 26.9g  
dietary fiber 2.8g  
protein 16.5g

½ cup chicken, drained and fat removed

5 cups chicken broth

2/3 cup sliced celery

½ cup sliced carrots

¼ cup chopped onion

1 Tbsp dried parsley

½ cup frozen peas

1 cup pasta, dry

1. In a medium saucepan, combine chicken, broth, celery, carrots, onion and parsley.
2. Simmer, covered, until vegetables are soft.
3. Add peas and pasta.
4. Cook about 15 minutes or until pasta is tender.
5. Cool slightly and serve.

Source: USDA, Food and Nutrition Service, Midwest Regional Office, Special Nutrition Programs

## EASY VEGETABLE SOUP

4 cups beef broth or 4 cups water + 4 bouillon cubes\*

1 can (about 16 oz) tomatoes, chopped

½ cup finely chopped onions

2 cups cooked baby lima beans

1 cup canned carrots, drained

½ cup macaroni

½ tsp dried basil

½ tsp dried rosemary

¼ tsp dried thyme

*Makes 6 servings*

**Nutrients per serving:**

calories 154  
total fat 0.6g  
saturated fat 0.1g  
cholesterol 0mg  
sodium 608mg  
carbohydrate 27.7g  
dietary fiber 6.3g  
protein 10.6g

1. In a large pot, combine all ingredients.

2. Cover and simmer for 30 minutes.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

\* *Nutrient analysis was calculated with beef broth.*

## OLD FASHIONED POTATO SOUP

1 small onion, chopped	1½ cups nonfat dry milk
1 cup canned pork, drained and fat removed	4½ cups water
1 Tbsp oil	1½ cups instant potato flakes
1 tsp salt	¾ cup canned carrots, drained and chopped
1/8 tsp pepper	

1. In a large pot, cook onion and pork in oil until onion is tender.
2. Add the salt, pepper, dry milk and water. Heat to almost boiling.
3. Stir in the instant potato flakes and carrots.
4. Heat thoroughly.

Source: University of Wisconsin, Cooperative Extension Programs,  
*Instant Mashed Potato Flakes*

*Makes 6 servings*

### Nutrients per serving:

calories 376  
total fat 5.6g  
saturated fat 1.5g  
cholesterol 29mg  
sodium 748mg  
carbohydrate 60.4g  
dietary fiber 4g  
protein 21.8g

## ORIENTAL CHICKEN SOUP

*Makes 6 (1 cup) servings*

### Nutrients per serving:

calories 253  
total fat 8.7g  
saturated fat 2.4g  
cholesterol 51mg  
sodium 1,062mg  
carbohydrate 13.5g  
dietary fiber 1.8g  
protein 28.6g

\* *Nutrient analysis was calculated  
with carrots and green peas.*

3 cans (about 14 oz each)  
chicken broth or 5 cups water  
plus 4 bouillon cubes  
1 Tbsp soy sauce  
1 Tbsp lemon juice

½ tsp powdered ginger  
2 cups vegetables\*  
1 cup cooked egg noodles  
2½ cups diced canned chicken,  
drained and fat removed

1. In large saucepan, combine the broth, soy sauce, lemon juice and ginger.
2. Bring to a boil.
3. Add the vegetables and noodles.
4. Reduce heat, and add the chicken.
5. Cover and simmer for 10 minutes, until the vegetables are tender and the chicken is heated through.

Source: Sandra K. Nissenberg, M.S., R.D., Margaret L. Bogle, Ph.D., R.D., and Audrey C. Wright, M.S., R.D., *Quick Meals for Healthy Kids and Busy Parents*, 1995

## THREE BEAN SOUP

*Makes about 3 quarts  
(12 servings)*

**Nutrients per serving:**

calories 170  
total fat 1.6g  
saturated fat 0.2g  
cholesterol 0mg  
sodium 222.6mg  
carbohydrate 33.9g  
dietary fiber 7.9g  
protein 8.5g

½ cup dry kidney beans (about 1 ½ cups cooked)	1 tsp chili powder
½ cup dry blackeye peas (about 1 ½ cups cooked)	1 Tbsp Dijon mustard
½ cup dry garbanzo beans (about 1 ½ cups cooked)	1 tsp dried basil
1½ Tbsp chopped garlic	1 tsp dried oregano
3½ cups canned tomatoes, chopped	½ tsp ground cumin
1 cup water	½ tsp pepper
1 can (6 ounces) tomato paste	1¾ cups whole kernel corn, drained
	1 cup chopped carrots
	1 cup chopped zucchini
	1 medium onion, chopped

1. Soak and cook dry beans following the directions below.
2. In a large pot, combine beans and the next 10 ingredients (garlic through pepper). Bring to a boil.
3. Reduce heat, cover and simmer for 10 minutes.
4. Stir in vegetables. Cover and simmer for 10 minutes more.

Source: USDA, Food and Nutrition Service, Midwest Regional Office, Special Nutrition Programs

## SOAKING METHODS

### Quick Soak

In a large pot, add 3 cups of water to each cup of beans (6 cups for each pound). Slowly bring the water to boiling and cook for 2 minutes. Turn off heat and cover the beans. Let stand for 1 hour. After soaking, drain and rinse the beans. Cook in simmering water for 1 ½ to 2 hours until tender.

### Traditional Soak

In a large pot, add 3 cups of cool water to each cup of beans (6 cups for each pound). Soak the beans for up to 8 hours or overnight in the refrigerator. After soaking, drain and rinse the beans. Cook in simmering water for 1 ½ to 2 hours until tender.



## VEGETABLE BEEF (PORK) SOUP

1 pound ground beef or  
2 cups canned beef or pork,  
drained and fat removed\*  
½ cup chopped onion  
1 cup carrots  
1 cup other vegetable\*  
¼ cup uncooked rice  
1 tsp salt

1 bay leaf  
1 cup potatoes  
1 cup celery  
2 cans (about 16 oz each)  
tomatoes  
3 cups water  
¼ tsp basil  
¼ tsp thyme

*Makes 12 servings*

### Nutrients per serving:

calories 115  
total fat 3.8g  
saturated fat 1.4g  
cholesterol 22mg  
sodium 407mg  
carbohydrate 12.1g  
dietary fiber 2.1g  
protein 8.5g

\* *Nutrient analysis was calculated with ground beef and green peas.*

1. Brown meat and onions.
2. Add the remaining ingredients.
3. Bring to a boil. Cover and simmer for one hour.

Source: Bois Forte Band of Chippewa Food Distribution Program

## VENISON STEW

*Makes 10 servings*

### Nutrients per serving:

calories 136  
total fat 1.6g  
saturated fat 0.5g  
cholesterol 38mg  
sodium 425mg  
carbohydrate 17.3g  
dietary fiber 4.2g  
protein 13.9g

\* *Nutrient analysis was calculated with 1 pound of venison. Optional ingredients were not calculated.*

1-2 lbs venison, cut into  
2 inch cubes\*  
Salt and pepper to taste, optional\*  
2 cups water  
1 can (about 16 oz) potatoes,  
drained

1 can (about 16 oz) peas, drained  
1 can (about 16 oz) carrots, drained  
1 medium onion, chopped  
1 can (about 16 oz) tomatoes,  
with juice  
1 bay leaf, optional\*

1. Brown venison on all sides, adding salt and pepper, if desired.
2. Put meat in a larger cooking pot. Add water and simmer for ½ hour.
3. Add the potatoes, peas, carrots, onion, tomatoes with juice, and bay leaf.
4. Cover tightly and let simmer for another 45 minutes until mixture is thoroughly cooked.
5. Serve over cooked rice, if desired.

Variation: Use canned beef, drained and fat removed, instead of venison.

Source: Oneida Tribe of Wisconsin Food Distribution Program,  
*Commodity Food Cookbook*

# WILD RICE SOUP

*Makes 20 (1 cup) servings*

**Nutrients per serving:**

calories 137  
total fat 2.1g  
saturated fat 0.6g  
cholesterol 45mg  
sodium 291mg  
carbohydrate 10.7g  
dietary fiber 1.4g  
protein 18.4g

\* *Nutrient analysis was calculated with 3 pounds of chicken. Optional ingredients were not calculated.*

3-4 pounds chicken, partridge or venison\*

1 medium onion, chopped

2 tsp salt

2-3 quarts water

½ pound wild rice, washed

2 cups chopped carrots

2 cups chopped celery

2 cans chicken broth, optional\*

1. Fill a large stock pot with chicken, onion, salt and water.
2. Boil until stock has formed.
3. Add wild rice, vegetables and chicken broth, if desired.
4. Cook until meat, rice and vegetables are done, adding more water to cover ingredients if necessary.

Source: Great Lakes Inter-Tribal Council, Inc., *Tribal Cooking*

### CHEESY BAKED POTATOES AND SPINACH

2 cups water	¼ cup dry egg mix
1 Tbsp chopped onion	¼ tsp pepper
2 Tbsp butter	¾ cup grated cheese*
1½ cups instant potato flakes	1 can (about 16 oz) spinach
¼ cup nonfat dry milk powder	

1. Preheat oven to 425°F.
2. Put the water, onion and butter in a saucepan and heat until water boils.
3. While the water is heating, mix the potato flakes, dry milk, dry egg mix and pepper in a bowl.
4. Remove saucepan from heat.
5. Add the potato flake mixture to the water. Stir until liquid is absorbed.
6. Stir cheese into the potatoes.
7. Drain the spinach and press out any extra liquid.
8. Put the spinach in the bottom of an oiled 8x8 inch pan.
9. Spread the potato mixture over the top of the spinach.
10. Bake for 20 minutes or until top is light brown.

Source: USDA, Food and Nutrition Service, Quick and Easy Commodity Recipes, PA-1449

*Makes 8 servings*

**Nutrients per serving:**

calories 250  
total fat 7.8g  
saturated fat 4.2g  
cholesterol 41mg  
sodium 270mg  
carbohydrate 37.1g  
dietary fiber 4.1g  
protein 9.8g

\* *Nutrient analysis was calculated with American cheese.*



## CHICKEN SALAD

1½ cups chopped chicken,  
drained and fat removed  
1 stalk celery, chopped  
4 green onions, sliced  
1 Tbsp lemon juice  
1/8 tsp pepper

2 hard boiled eggs, diced  
1/3 cup lowfat mayonnaise  
2 Tbsp green pepper, chopped  
2 tsp prepared mustard  
3 tomatoes or lettuce leaves,  
optional\*

*Makes 3 servings*

### Nutrients per serving:

calories 335  
total fat 20.2g  
saturated fat 5g  
cholesterol 192mg  
sodium 415mg  
carbohydrate 5.7g  
dietary fiber 0.9g  
protein 30.8g

1. Combine chicken, celery, green onions, lemon juice and pepper.
2. Stir in eggs, mayonnaise, green pepper and mustard.
3. Cover and chill for 1 hour.
4. Serve on lettuce leaves or scoop into tomatoes after removing seeds and pulp, if desired.

Source: Oneida Tribe of Wisconsin Food Distribution Program,  
*Commodity Food Cookbook*

\* *Optional ingredients were not  
calculated in nutrient analysis.*

## MACARONI SALAD FOR TWO

*Makes 2 servings*

### Nutrients per serving:

calories 220  
total fat 10.1g  
saturated fat 2g  
cholesterol 106mg  
sodium 488mg  
carbohydrate 24.9g  
dietary fiber 1.2g  
protein 6.7g

\* *Nutrient analysis was  
calculated with sugar.  
Optional ingredients were  
not calculated.*

1 cup cooked elbow macaroni,  
cooled  
1 hard boiled egg, chopped  
2 Tbsp celery, chopped  
2 Tbsp onion, chopped  
3 Tbsp lowfat mayonnaise

1 tsp sugar or sugar substitute\*  
1 tsp vinegar  
¼ tsp salt  
¼ tsp prepared mustard  
Pepper to taste, optional\*

1. Combine all ingredients. Stir lightly.
2. Cover and chill for several hours.
3. Serve on fresh spinach or lettuce leaves, if desired.

Source: Iowa State University, Home Economics Education,  
*Salads for Seniors*

## MARINATED THREE BEAN SALAD

1 can (about 16 oz) green beans, drained	½ cup chopped green pepper
1 can (about 16 oz) lima beans, drained	½ cup vinegar
1 can (about 16 oz) red kidney beans, drained	¼ cup salad oil
½ cup chopped onion	3 Tbsp sugar
	1 tsp celery seed
	1 clove garlic, minced

1. Combine beans, onion and green pepper. Set aside.
2. In a small mixing bowl, combine remaining ingredients. Mix well.
3. Add dressing to vegetables and stir lightly.
4. Cover and chill for up to 24 hours, stirring often.

Source: Oneida Tribe of Wisconsin Food Distribution Program,  
*Commodity Food Cookbook*

*Makes 6 servings*

### Nutrients per serving:

calories 283  
total fat 9.8g  
saturated fat 1.4g  
cholesterol 0mg  
sodium 450mg  
carbohydrate 40.5g  
dietary fiber 12.1g  
protein 11.1g

## SAVORY POTATOES SPANISH STYLE

*Makes 4 servings*

### Nutrients per serving:

calories 401  
total fat 17.3g  
saturated fat 3.6g  
cholesterol 7mg  
sodium 600mg  
carbohydrate 54.6g  
dietary fiber 5.6g  
protein 10g

6 cups peeled and cubed potatoes	½ tsp salt
4 cups vegetable or chicken broth	3 Tbsp vinegar
4 Tbsp olive oil, divided	1 tsp dried tarragon or 1 Tbsp fresh tarragon, chopped
2 cups thinly sliced onions	¼ cup soft or dry bread crumbs
2 Tbsp chopped garlic	¼ cup grated Cheddar cheese
2 Tbsp paprika	

1. Preheat oven to 400°F.
2. In a large saucepan, bring potatoes and broth to a boil.
3. Reduce heat and cook, covered, until potatoes are tender, about 15 minutes.
4. Drain potatoes, reserving 1 cup of broth. Set aside.
5. In a large skillet over medium heat, heat 2 Tbsp olive oil.
6. Add the onions, garlic, paprika and salt.
7. Cook, stirring occasionally, until onions are very tender, about 10 minutes.
8. Stir in vinegar, tarragon and reserved broth. Bring to a boil.
9. Stir in potatoes. Remove from heat.
10. Transfer mixture to a 1 ½ quart baking dish that has been sprayed with non-stick cooking spray.
11. In a medium bowl, combine bread crumbs, cheese and remaining 2 Tbsp olive oil.
12. Sprinkle over potatoes.
13. Bake for 25 minutes or until topping is browned and cheese is melted.
14. Serve immediately.

Source: US Department of Defense



## SPANISH RICE

2 Tbsp oil  
½ cup chopped green pepper  
¼ cup chopped onion  
1 tsp garlic powder  
1 tsp chili powder  
1 tsp ground red pepper

1 tsp salt  
1/8 tsp black pepper  
1 cup uncooked rice  
1 can (16 oz) tomatoes,  
chopped and undrained  
2 cups water

*Makes 6 servings*

### Nutrients per serving:

calories 194  
total fat 5.1g  
saturated fat 0.7g  
cholesterol 0mg  
sodium 631mg  
carbohydrate 33.7g  
dietary fiber 1.9g  
protein 4.4g

1. Saute green pepper and onion in oil until tender.
2. Stir in the spices, rice, tomatoes with juice, and water.
3. Cover and cook over low heat for 20 minutes or until rice is done.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

## SPINACH CAKES

*Makes 10 cakes*

### Nutrients per serving:

calories 117  
total fat 6.3g  
saturated fat 2.3g  
cholesterol 81mg  
sodium 173mg  
carbohydrate 9.2g  
dietary fiber 1.6g  
protein 6.7g

2½ cups canned spinach or  
1 package (29 oz) frozen  
spinach, chopped\*  
1 onion, chopped  
2 Tbsp butter

½ cup dry bread crumbs  
Salt and pepper, optional\*  
1 cup egg mix + 1 cup water  
or 4 eggs, beaten\*

1. Cook and drain spinach.
2. While spinach is cooling, saute onions in butter for 4-5 minutes.
3. Combine the spinach and onions in a bowl with bread crumbs.
4. Season with salt and pepper, if desired, and add the eggs.
5. Drop spoonfuls (about 1/3 cup) of mixture into a hot greased frying pan and cook both sides until lightly browned.

Source: Indiana Department of Education, *Yummy, Yummy to My Tummy!*, 1998

\* *Nutrient analysis was calculated with canned spinach and egg mix. Optional ingredients were not calculated.*

# SWEET AND SOUR BEANS

1 cup canned beef, drained  
and fat removed or ½ pound  
ground beef\*  
1 medium onion, diced  
2 cans (about 16 oz each)  
vegetarian beans, drained  
1 cup tomato sauce

2 tsp chopped garlic  
1 tsp Worcestershire sauce  
1 tsp chili powder  
½ tsp dry mustard  
¼ tsp Tabasco sauce  
1 cup pineapple tidbits, drained

1. Spray a large skillet with non-stick cooking spray.
2. Cook beef and onion.
3. Add remaining ingredients and simmer, uncovered, for 10 minutes.

Source: USDA, Food and Nutrition Service, Midwest Regional Office,  
Special Nutrition Programs

*Makes 9 ( ½ cup) servings*

**Nutrients per serving:**

calories 147  
total fat 2.1  
saturated fat 0.7g  
cholesterol 12mg  
sodium 603mg  
carbohydrate 26g  
dietary fiber 5.9g  
protein 9.4g

*\* Nutrient analysis was calcu-  
lated with canned beef.*

# WALDORF SALAD

*Makes 10 servings*

**Nutrients per serving:**

calories 82  
total fat 1.1g  
saturated fat 0.1g  
cholesterol 0mg  
sodium 22mg  
carbohydrate 17.6g  
dietary fiber 1.5g  
protein 2.1g

*\* Optional ingredients were not  
calculated in nutrient analysis.*

2 cups chopped apples with  
peel  
¼ cup orange juice,  
unsweetened  
2 cups pineapple chunks,  
unsweetened

2 Tbsp walnuts, chopped  
½ cup raisins  
1 cup yogurt, plain, nonfat  
¼ cup celery, chopped  
Sugar substitute, optional\*

1. Place apples in a large bowl, and pour orange juice on top. Stir to coat.
2. Pour apples into a colander, and add pineapple chunks. Set aside.
3. Mix together the walnuts, raisins, yogurt and celery.
4. Add the apples and pineapple. Toss lightly.
5. If salad is too tart, add sugar substitute to taste.

Source: Nutrition and Dietetics Training Program, IHS, Santa Fe, NM

## MAIN DISHES

### APPLE TUNA SANDWICH

2 cans tuna (about 12 oz each), drained  
3 small apples, chopped  
 $\frac{3}{4}$  cup lowfat vanilla yogurt  
3 tsp prepared mustard  
3 tsp honey  
10 slices whole-wheat bread

1. Combine the tuna, apples, yogurt, mustard and honey.
2. Spread about  $\frac{1}{2}$  cup of the mixture on 5 slices of bread.
3. Top each with remaining slices of bread.
4. Place on cutting board and cut in half.

Variation: Scoop mixture onto lettuce leaves and serve as a salad.

Source: Indiana Dept. of Education, *Yummy, Yummy to My Tummy!*, 1998

*Makes 5 servings  
(1 sandwich each)*

#### Nutrients per serving:

calories 380  
total fat 4.5g  
saturated fat 1.3g  
cholesterol 42mg  
sodium 811mg  
carbohydrate 45g  
dietary fiber 6g  
protein 42g

### BAKED MACARONI AND TOMATO CASSEROLE

*Makes 8 servings*

#### Nutrients per serving:

calories 213  
total fat 12.3g  
saturated fat 7.5g  
cholesterol 38mg  
sodium 515mg  
carbohydrate 17g  
dietary fiber 1g  
protein 9.8g

$\frac{1}{4}$  cup chopped onion  
 $\frac{1}{2}$  cup sliced celery  
 $\frac{1}{2}$  cup water  
2 Tbsp butter  
2 Tbsp flour  
 $1\frac{1}{2}$  cups evaporated milk

$\frac{1}{4}$  tsp garlic powder  
1 can (about 16 oz) tomatoes, undrained and chopped  
4 cups cooked macaroni  
 $1\frac{1}{4}$  cup shredded cheese\*  
Seasoned bread crumbs, optional\*

1. Preheat oven at 350°F.
2. Cook onion and celery in  $\frac{1}{2}$  cup of water until tender. Set aside.
3. Melt butter in a saucepan.
4. Stir in flour until smooth.
5. Gradually add milk, stirring constantly.
6. Cook until the sauce thickens. Remove from heat.
7. Mix together the white sauce, onion and celery, garlic powder, tomatoes with juice, macaroni and cheese.
8. Top with bread crumbs, if desired.
9. Bake for 30-35 minutes.

\* *Nutrient analysis was calculated with American cheese. Optional ingredients were not calculated.*

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

## BARBECUE PORK

1 can (29 oz) pork

1/3 cup pork juice

1 Tbsp vinegar

3/4 cup catsup

1 tsp brown sugar

1/4 tsp salt\*

1 tsp prepared mustard

1/2 large onion, chopped

*Makes 6 servings*

### Nutrients per serving:

calories 249

total fat 11g

saturated fat 3.7g

cholesterol 93mg

sodium 928mg

carbohydrate 9.9g

dietary fiber 0.6g

protein 26.9g

1. Drain pork and remove fat. Reserve 1/3 cup juice.
2. Mix pork juice, vinegar, catsup, brown sugar, salt and mustard in a saucepan. Stir in onion and pork.
3. Heat to boiling. Reduce heat and simmer until sauce is thickened.
4. Serve as desired.

Source: Minnesota Extension Service, *Cooking with Canned Pork or Beef*

\* *To lower the amount of sodium in this recipe, omit the salt.*

## BEEF LOAF

*Makes 8 servings*

### Nutrients per serving:

calories 202

total fat 6.6g

saturated fat 2g

cholesterol 57mg

sodium 297mg

carbohydrate 20g

dietary fiber 2.9g

protein 15.6g

1 can (29 oz) beef, fat removed

1/2 cup onions, chopped

1/4 cup egg mix

1/8 tsp pepper

1 1/4 cups rolled oats

1/4 cup catsup

1. Preheat oven to 325°F.
2. Combine beef, onions, egg mix, and pepper.
3. Add oats a little at a time until mixture holds together.
4. Form into a loaf and place in a shallow 9x5 inch loaf pan.
5. Bake for 45 minutes.
6. During the last 5 minutes of baking, pour catsup over the top.

Source: University of Wisconsin, Cooperative Extension Programs, *Rolled Oats (Oatmeal)*



# BURRITOS WITH MEAT AND BEANS

1 can (29 oz) beef or pork,  
drained and fat removed\*  
½ tsp salt, optional\*  
½ tsp garlic powder  
1 tsp ground cumin  
1 Tbsp hot chili powder, or  
to taste  
2 cans (about 16 oz each)  
refried beans

1 small can chopped green  
chilies, optional\*  
Salsa, optional\*  
18 8-inch flour tortillas  
3 cups shredded or sliced  
cheese\*  
3 Tbsp vegetable oil  
Sour cream, optional\*

1. Place meat in a large skillet. Add salt, garlic powder, cumin and chili powder.
2. Cover bottom of pan with water and simmer over moderate heat for about 20 minutes. Add enough water, as needed.
3. Add refried beans and mix well.
4. Stir in the green chilies and salsa, if desired.
5. Cook over moderate heat for another 10-15 minutes, stirring often.
6. Warm tortillas in skillet or oven to keep soft for rolling.
7. To roll, place one tortilla on a flat surface. Spoon 2-3 Tbsp of bean mixture on tortilla. Place cheese over the top, and roll as tightly as possible.
8. Heat 1 tsp of oil in skillet over medium-high heat.
9. Place 3-5 burritos (depending on skillet size) seam side down in the skillet.
10. Cook until golden brown. Flip and repeat, adding oil as necessary.
11. Serve with sour cream and salsa, if desired.

Source: Bad River Band of Lake Superior Chippewa Indians

*Makes 18 small burritos*

## Nutrients per serving:

calories 269  
total fat 12.6g  
saturated fat 5g  
cholesterol 37mg  
sodium 652mg  
carbohydrate 24.4g  
dietary fiber 5.1g  
protein 13.8g

*\* Nutrient analysis was calculated with beef and American cheese. Optional ingredients were not calculated.*

## CHICKEN A LA KING

3 Tbsp all-purpose flour  
1½ cups skim milk, divided  
1½ tsp instant chicken  
bouillon

2 cups canned chicken  
1 cup peas  
1/8 tsp pepper

1. Combine flour with ½ cup cold milk in covered container and shake well to prevent lumps.
2. Pour milk mixture into a saucepan with remaining milk and bouillon. Bring to a boil, stirring constantly until thickened.
3. Lower heat, and add remaining ingredients.
4. Cook until peas and chicken are heated.
5. Serve over hot biscuits, toast, noodles or rice, if desired.

Source: Brenda J. Ponichtera, R.D. Reprinted with permission from *Quick & Healthy Volume II* (ScaleDown Publishing, Inc.)

*Makes 4 servings*

Nutrients per serving:

calories 273  
total fat 8.8g  
saturated fat 2.5g  
cholesterol 53mg  
sodium 418mg  
carbohydrate 15.2g  
dietary fiber 1.9g  
protein 31.7g

## CHICKEN AND CARROT LOAF

*Makes 6 servings*

Nutrients Per Serving:

calories 355  
total fat 12.5g  
saturated fat 4.3g  
cholesterol 107mg  
sodium 596mg  
carbohydrate 28g  
dietary fiber 0.8g  
protein 31g

\* *Nutrient analysis was calculated with American cheese.*

2 cups canned chicken,  
drained, rinsed and chopped  
½ cup canned carrots, chopped  
1¼ cups soft bread crumbs  
2 Tbsp onion, minced  
2 Tbsp celery, minced

1 Tbsp parsley flakes  
1½ tsp salt, optional\*  
½ cup dry egg mix  
1 cup water + ¾ cup dry milk  
½ cup cheese, shredded\*

1. Preheat oven to 350°F.
2. Mix together chicken, carrots, bread crumbs, onion, celery, parsley, salt and dry egg mix.
3. Add enough milk to moisten.
4. Pack mixture into a well greased loaf pan.
5. Bake for 35 minutes.
6. Top with cheese, and bake for 10 minutes or until cheese is melted.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

## COMMODITY STIR FRY

1 cup pineapple chunks  
1/3 cup pineapple liquid  
1 Tbsp soy sauce  
1 Tbsp corn starch  
2 Tbsp oil

1 cup canned chicken,  
drained and fat removed  
1 cup green beans, drained  
1 cup carrots, drained

*Makes 4 servings*

### Nutrients per serving:

calories 215  
total fat 11.1g  
saturated fat 2.1g  
cholesterol 25mg  
sodium 499mg  
carbohydrate 15.3g  
dietary fiber 1.7g  
protein 14.1g

1. In a small bowl, dissolve corn starch in the soy sauce and pineapple liquid. Set aside.
2. Heat oil in an electric skillet or frying pan. Add chicken, and stir for a few minutes.
3. Add vegetables and pineapple. Heat and stir.
4. Stir in corn starch mixture, and cook until thickened.
5. Serve with cooked rice, if desired.

Adapted from: St. Croix Reservation Tribal Nutrition Education Program

## EASY CHILI

*Makes 4 servings*

### Nutrient per serving:

calories 408  
total fat 12.1g  
saturated fat 3.6g  
cholesterol 67mg  
sodium 1,292mg  
carbohydrate 32.5g  
dietary fiber 8g  
protein 30.3g

1 Tbsp oil  
1/4 cup chopped onion  
1 can (29 oz) beef, drained  
and fat removed  
1 can (about 16 oz) vegetarian  
beans

1 cup tomato juice  
1 can (about 16 oz) tomatoes  
1 Tbsp chili powder

1. Saute onions in the oil until tender.
2. Add the remaining ingredients, and stir well.
3. Simmer for 15 minutes.

Adapted from: University of Wisconsin, Cooperative Extension  
Programs, *Canned Beef*

## GARDEN TOMATO SAUCE

3 cups chopped, canned tomatoes

1 Tbsp garlic powder

1 Tbsp onion powder

2 fresh basil leaves, chopped or ¼ tsp dried basil

2 stems fresh oregano, chopped or ¼ tsp dried oregano

2 stems fresh parsley or ¼ tsp dried parsley

½ tsp fennel seed

1/8 tsp black pepper

*Makes 4 (1 cup) servings*

### Nutrients per serving:

calories 87

total fat 0.7g

saturated fat 0.1g

cholesterol 0mg

sodium 561mg

carbohydrate 19g

dietary fiber 2.5g

protein 5.3g

1. In a saucepan combine all ingredients.
2. Simmer on medium heat for 15 minutes or until tomatoes are soft.
3. Serve over cooked pasta, if desired.

Source: USDA, Food and Consumer Service, *Food, Family & Fun*

## VARIATIONS

### To make a hearty minestrone soup:

Add 2 cups of chicken broth, 1 cup of cooked macaroni, 1 cup of any vegetable or left over vegetables, such as cooked and diced carrots, green beans or celery, and turn your sauce into a meal. Serve with a slice of crusty bread and cheese.

### To make chili:

Add ½ pound of cooked lean ground meat, 1 cup of pinto beans, 1 tsp chili powder, ¼ tsp cumin and one dash of Tabasco sauce. Serve in a soup bowl, sprinkle with cheddar cheese and add corn chips.



## GRILLED TUNA SANDWICHES

¾ cup tuna, drained and flaked  
¼ cup chopped celery  
¼ cup chopped green pepper  
2 Tbsp chopped onion  
2 Tbsp chopped sweet pickle

¼ cup mayonnaise or salad dressing\*  
3 Tbsp butter\*\*  
8 slices bread\*  
4 slices cheese\*

1. Combine tuna, celery, green pepper, onion, sweet pickle and mayonnaise in a bowl. Toss gently to mix.
2. Butter one side of each slice of bread.
3. Place 4 slices of bread, buttered side down, in a frying pan or skillet.
4. Heap ¼ cup tuna salad on each.
5. Top with a slice of cheese and another slice of bread, buttered side up.
6. Grill until bread is golden brown. Turn to grill opposite side.

Source: University of Wisconsin, Cooperative Extension Programs, *Tuna*

*Makes 4 sandwiches*

### Nutrients per serving:

calories 411  
total fat 24.7g  
saturated fat 12.5g  
cholesterol 58mg  
sodium 1,040mg  
carbohydrate 30.1g  
dietary fiber 4.3g  
protein 19.4g

\* *Nutrient analysis was calculated with lowfat mayonnaise, whole-wheat bread and American cheese.*

\*\**To lower the amount of fat and saturated fat in this recipe, use less butter or spray the frying pan with non-stick cooking spray.*

## ITALIAN BEEF

*Makes 3 servings*

### Nutrients per serving:

calories 182  
total fat 12.8g  
saturated fat 6.7g  
cholesterol 65mg  
sodium 319mg  
carbohydrate 2.8g  
dietary fiber 0.7g  
protein 13.7g

½ cup onion, cut into strips  
½ cup green pepper, cut in strips  
2 Tbsp butter\*

½ can (about 1 cup) beef, fat removed and drained  
½ tsp dried oregano

1. Saute onion and green pepper in butter until tender.
2. Add beef and oregano. Stir to blend.
3. Heat through.
4. Serve on rolls or bread, if desired.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

\* *To lower the fat and saturated fat in this recipe, use water, juice or broth instead of butter.*

## MINI-PIZZAS

1½ cups spaghetti sauce or pizza sauce  
1 lb ground beef or 2 cups canned beef, drained, fat removed and sliced\*

6 English muffins  
1 small jar sliced mushrooms, optional\*  
2 cups mozzarella cheese, shredded

*Makes 12 mini pizzas*

### Nutrients per serving:

calories 208  
total fat 8.5g  
saturated fat 3.6g  
cholesterol 33mg  
sodium 393mg  
carbohydrate 18.6g  
dietary fiber 1.8g  
protein 13.7g

\* *Nutrition analysis was calculated with ground beef. Optional ingredients were not calculated.*

1. Preheat oven to 325°F.
2. Heat the sauce in a small pan over low heat.
3. Brown ground beef. Drain fat.
4. Toast the English muffin halves.
5. Spread the sauce on the muffin halves.
6. Spoon 2 Tbsp meat and mushrooms, if desired, on each muffin half. Sprinkle with cheese.
7. Bake for 10 minutes or until cheese melts.

Variations: Use 1½ cups tomato sauce and your favorite spices instead of spaghetti sauce. Add other toppings such as green peppers or onions.

Source: Indiana Dept. of Education, *Yummy, Yummy to My Tummy!*, 1998

## NORTHWESTERN BISON HASH

*Makes 8 (1 cup) servings*

### Nutrients per serving:

calories 198  
total fat 4g  
saturated fat 0.7g  
cholesterol 35mg  
sodium 733mg  
carbohydrate 26.9g  
dietary fiber 2.6g  
protein 15.8g

1 pound ground bison  
½ cup onion, chopped  
1 can (10 ½ oz) tomato soup  
1½ cups canned corn, drained  
1¼ cup canned tomatoes  
1/8 tsp salt

1/8 tsp pepper  
1/8 tsp garlic powder  
2 tsp chili powder  
½ cup catsup  
1 package (9 oz) frozen French fries

1. Brown bison and onion in a large skillet. Stir frequently, but leave bison in large pieces.
2. Add remaining ingredients and blend carefully.
3. Cover and simmer for 20 minutes. Although bison does not smell like beef, the taste is similar.

Source: Northwest Bison Association

## ONE-DISH MEALS

Vegetables	Meat,Poultry, Fish, Beans or Eggs	Liquid Ingredients	Bread, Rice or Pasta
<i>(1½ cups)</i>	<i>(1½ to 2 cups)</i>	<i>(1 to 1½ cups)</i>	<i>(1 to 1½ cups)</i>
mixed vegetables	tuna fish	cheese sauce	bread, cubed
tomatoes	canned meat	white sauce	cooked noodles
corn	cooked meat:	cream soups:	cooked macaroni
green beans	hamburger	mushroom	cooked rice
cooked and cubed:	turkey	chicken	cooked spaghetti
acorn squash	chicken	celery	cooked barley
zucchini	pork	broccoli	cooked bulgar
potatoes	lean sausage	cheese soup	
broccoli	hard cooked eggs	evaporated milk	
peas	cooked lentils	tomato soup	
cabbage	cooked split peas	shredded cheese	
onions	cooked beans	plus milk	

1. Choose one or more ingredients from each list above.
2. Add herbs and spices, if desired.
3. Mix ingredients together.
4. Heat thoroughly in the oven or on the stove.

*In oven:* Place ingredients in a covered casserole dish. Top with bread crumbs, crackers or Parmesan cheese, if desired. Bake at 350°F for 45 minutes. Uncover last 15 minutes to brown topping.

*On stove:* Place ingredients in a large skillet. Simmer on top of stove until bubbly.

Source: University of Wisconsin, Cooperative Extension Programs

Makes 4 servings.

# SALMON PATTIES

1 can (about 15 oz) salmon  
20 saltine crackers

¼ cup egg mix + ¼ cup water  
or 1 egg\*

1. In a medium bowl, mash salmon, including bones, until very fine.

2. Crumble crackers to make fine cracker crumbs.

3. Add crackers and egg to salmon. Mix thoroughly.

4. Form the mixture into patties.

5. Brown patties on both sides in a lightly greased skillet.

6. Serve with creamed peas (canned or frozen) and mashed potatoes, if desired.

Source: USDA, Food and Nutrition Service, *Summertime Snacks*

*Makes 12 patties*

**Nutrients per serving:**

calories 86

total fat 3.6g

saturated fat 0.9g

cholesterol 36mg

sodium 292mg

carbohydrate 4.1g

dietary fiber 0.2g

protein 8.8g

\* *Nutrient analysis was  
calculated with egg mix.*



# SPAGHETTI PIE OLÉ

## Pasta Shell:

1 package (7 oz) uncooked spaghetti  
1/3 cup shredded cheese\*  
1/4 cup egg mix + 1/4 cup water or 1 egg\*  
1/4 tsp salt  
1/4 tsp garlic powder

## Filling:

1 pound ground beef or 2 cups canned beef, drained and fat removed\*  
1 tsp garlic powder  
1/4 tsp salt  
1/2 tsp ground cumin  
1 can (about 10 oz) diced tomatoes with green chilies, undrained  
3/4 cup sour cream  
1 cup shredded cheese\*

*Makes 6 servings*

## Nutrients per serving:

calories 438  
total fat 23g  
saturated fat 11.9g  
cholesterol 111mg  
sodium 722mg  
carbohydrate 31g  
dietary fiber 1.6g  
protein 26g

1. Cook pasta according to package directions. Drain well.
2. In bowl, whisk together remaining pasta shell ingredients. Add pasta and toss to coat.
3. Arrange pasta in a 9-inch pie plate, pressing down and up the sides to form a shell. Set aside.
4. Preheat the oven to 350°F.
5. Heat a skillet over medium heat and brown meat. Season meat with garlic powder, salt and cumin.
6. Stir in tomatoes and bring to a boil. Cook 3-5 minutes, stirring occasionally, or until liquid has almost evaporated.
7. Stir sour cream into the meat mixture and spoon into pasta shell. Place cheese in the center.
8. Bake for 15 minutes, or until heated through.

Source: Jeanne Jones, Author, Syndicated Columnist

*\* Nutrient analysis was calculated with American cheese, egg mix and ground beef.*

# SPINACH NOODLE CASSEROLE

- 2 cans (16 oz each) spinach,  
drained and chopped

2 cups cooked noodles

1½ cup shredded cheese,  
divided\*
- 1 can (about 10 oz) cream of  
celery soup

1/3 cup lowfat milk or 1 Tbsp  
dry milk + 1/3 cup water

1/8 tsp nutmeg

1. Preheat oven to 375°F.

2. Arrange the spinach, noodles and a ¾ cup of the cheese in  
layers (or mix together) and put in a 1 ½ quart baking dish.

3. Combine the soup, milk and nutmeg. Pour over the noodles.

4. Top with remaining cheese.

5. Bake for 30-40 minutes.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

*Makes 4 servings*

- Nutrients per serving:
- calories 377
- total fat 18.8g
- saturated fat 9.6g
- cholesterol 75mg
- sodium 1,235mg
- carbohydrate 34.4g
- dietary fiber 6.8g
- protein 21.2g

*\* Nutrient analysis was calcu-  
lated with American cheese.*

# STUFFED GREEN PEPPERS

- Makes 6 servings*

Nutrients per serving:

calories 230

total fat 7.6g

saturated fat 3.4g

cholesterol 51mg

sodium 689mg

carbohydrate 22.8g

dietary fiber 4g

protein 19.1g

*\* Nutrient analysis was calcu-  
lated with mozzarella cheese.*

- 6 large green peppers

1 can (29 oz) beef, fat  
removed, juice reserved

2 Tbsp chopped onion
- 1/8 tsp garlic salt

1 cup cooked rice

1½ cups tomato sauce, divided

¾ cup shredded cheese\*
1. Preheat oven to 350°F.

2. Cut stem from each pepper. Remove seeds and membranes,  
then rinse peppers.

3. Cook for 5 minutes covered in boiling water. Drain and set aside.

4. Cook the beef, beef juice, and onions in a 10-inch skillet until  
onions are cooked through. Drain.

5. Stir in garlic salt, rice and 1 cup of tomato sauce. Heat through.

6. Stuff each pepper with the beef mixture.

7. Stand peppers upright in an ungreased baking dish. Pour the  
remaining tomato sauce over the peppers.

8. Cover and bake for 45 minutes.

9. Uncover and sprinkle with cheese. Cook 15 minutes longer.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

## SWEET AND SOUR PORK

2 cups canned pork, drained  
1 tsp chopped garlic  
1 cup chicken broth  
1 tsp soy sauce  
1 green pepper, cut in strips

2 cups sliced celery  
1 cup canned pineapple,  
chunks or tidbits  
2 Tbsp cornstarch  
Reserved pineapple liquid

*Makes 4 servings*

### Nutrients per serving:

calories 167

total fat 5.1g

saturated fat 1.7g

cholesterol 39mg

sodium 526mg

carbohydrate 17.6g

dietary fiber 1.8g

protein 13.3g

1. Spray skillet with non-stick cooking spray.
2. Brown pork with garlic.
3. Add chicken broth, soy sauce, green pepper and celery.
4. Cover and simmer for 10 minutes.
5. Drain pineapple, reserving liquid.
6. Blend cornstarch with reserved pineapple liquid and add to the skillet.
7. Cook, stirring constantly, until mixture thickens.
8. Add pineapple and heat thoroughly.
9. Serve with rice, if desired.

Source: USDA, Food and Nutrition Service, Midwest Regional Office,  
Special Nutrition Programs

# TACO PIE

1 pound ground beef  
½ cup chopped onion  
1 envelope (1 ¼ oz) taco  
seasoning mix, dry  
¾ cup bakery mix\*  
1 cup skim milk

½ cup egg mix + ½ cup water  
or 2 eggs\*  
¾ cup shredded American or  
cheddar cheese\*  
¼ head shredded lettuce  
1 diced tomato  
¼ cup sliced ripe olives

1. Preheat oven to 400° F.
2. Lightly oil a 10" x 1 ½" pie plate or an 8" x 8" baking dish.
3. In a skillet, cook ground beef and onion until beef is brown, about 10 minutes.
4. Drain fat.
5. Stir in seasoning mix.
6. Spoon beef mixture into pie plate or baking dish.
7. Beat bakery mix, milk and eggs with a fork until almost smooth, about 1 minute.
8. Pour over beef mixture.
9. Bake 35-40 minutes or until knife inserted in the center comes out clean.
10. Sprinkle with cheese and return to oven.
11. Bake 5 minutes longer or until cheese is melted.
12. Cool 5 minutes.
13. Sprinkle with lettuce, tomato and olives.

Source: USDA, Food and Nutrition Service, *USDA Household Commodities, Ground Beef, Frozen*, March 1995

*Makes 6 Servings*

## Nutrients per serving:

calories 280  
total fat 13.2g  
saturated fat 4.8g  
cholesterol 110mg  
sodium 846mg  
carbohydrate 18.8g  
dietary fiber 1.4g  
protein 22.6g

\* *Nutrient analysis was calculated with lowfat bakery mix, egg mix and lowfat cheddar cheese.*



## TUNA MACARONI BAKE

1 cup macaroni, uncooked  
1 can (about 10 oz) cream of celery soup  
1 cup cheese, grated\*  
1 cup canned mixed vegetables  
2/3 cup evaporated milk

1 cup tuna, flaked and drained  
2 Tbsp dried minced onion  
1 Tbsp prepared mustard  
1/4 tsp pepper  
1/2 cup bread crumbs  
1 Tbsp butter, melted

*Makes 8 servings*

### Nutrients per serving:

calories 231  
total fat 9.9g  
saturated fat 5.2g  
cholesterol 33mg  
sodium 677mg  
carbohydrate 22.3g  
dietary fiber 1.4g  
protein 13.2g

1. Preheat oven to 350°F.
2. Cook macaroni until tender. Rinse and drain.
3. Combine cooked macaroni, soup, cheese, vegetables, evaporated milk, tuna, onion, mustard and pepper in a bowl. Mix well.
4. Place in a 1 1/2 quart casserole dish.
5. Combine bread crumbs and butter. Sprinkle over tuna mixture.
6. Bake for 25-30 minutes or until bubbly.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

\* *Nutrient analysis was calculated with American cheese.*

## UP NORTH SALMON SUPPER

*Makes 6 servings*

### Nutrients per serving:

calories 366  
total fat 20g  
saturated fat 8.5g  
cholesterol 133mg  
sodium 1,156mg  
carbohydrate 16.8g  
dietary fiber 0.7g  
protein 29.2g

\* *Nutrient analysis was calculated with egg mix and American cheese.*

1 can (15 1/2 oz) pink salmon, drained  
1 cup lowfat cottage cheese  
1 cup grated cheese\*  
1/2 cup egg mix + 1/2 cup water or 2 eggs, slightly beaten\*  
3 Tbsp chopped green pepper  
3 Tbsp chopped onion

1 cup cracker crumbs  
1 tsp Worcestershire sauce  
1 Tbsp lemon juice  
1/8 tsp pepper  
1/2 tsp salt

### Topping:

1/2 cup cracker crumbs  
2 Tbsp butter, cut into chunks

1. Preheat oven to 350°F.
2. Combine all ingredients (except those for topping) and mix.
3. Place in a well-greased 9x5 inch loaf pan or 2-quart casserole.
4. Top with cracker crumbs and chunks of butter.
5. Bake for 45 to 50 minutes.
6. Top with creamed peas (frozen or canned), if desired.

Source: University of Wisconsin, Cooperative Extension Programs, *Salmon*

## VEGETABLE CASSEROLE

1 can (about 16 oz) whole  
kernel corn  
1 can (about 16 oz) green beans  
1 can (about 10 oz) cream of  
celery soup  
1 cup shredded cheese\*

½ cup evaporated milk  
½ cup chopped celery  
½ cup chopped onion  
¼ cup chopped green pepper  
¾ cup bread crumbs  
2 Tbsp melted butter

1. Preheat oven to 325°F.
2. Combine the first 8 ingredients (corn through green pepper), in a greased, 2-quart casserole. Bake for 30 minutes.
3. Combine bread crumbs and butter. Sprinkle over casserole.
4. Bake for 10 more minutes.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

*Makes 8 servings*

### Nutrients per serving:

calories 229  
total fat 11.3g  
saturated fat 5.9g  
cholesterol 29mg  
sodium 943mg  
carbohydrate 26.2g  
dietary fiber 3.1g  
protein 8.4g

\* *Nutrient analysis was calculated with American cheese.*

## VEGETARIAN BLACK BEAN TACOS

*Makes 10 tacos*

### Nutrients per serving:

calories 314  
total fat 3.8g  
saturated fat 0.6g  
cholesterol 0mg  
sodium 745mg  
carbohydrate 31.8g  
dietary fiber 6.3g  
protein 9.4g

\* *Optional ingredients were not calculated in nutrient analysis.*

2 cans (about 16 oz each) black  
beans, rinsed and drained  
1 can (about 16 oz) corn, drained  
½ cup chopped red pepper  
¾ cup water

1 envelope (about 1 ¼ oz)  
taco seasoning mix  
10 taco shells  
Taco sauce and other toppings,  
optional\*

1. Heat the beans, corn, red pepper, taco seasoning mix and water in a large skillet, over medium heat.
2. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes, stirring occasionally.
3. Warm taco shells as directed on package.
4. Spoon 1/3 cup filling into each taco shell.
5. Top with your favorite sauce and other toppings.

Source: White Earth Reservation Food Distribution Center, *Mexican Cookbook*, 1993

## WILD RICE CASSEROLE

*Makes 6 servings*

**Nutrients per serving:**

calories 259  
total fat 2.9g  
saturated fat 0.9g  
cholesterol 3mg  
sodium 315mg  
carbohydrate 49.5g  
dietary fiber 6.7g  
protein 11g

\* *Nutrient analysis was calculated with bacon.*

½ pound wild rice, washed  
and soaked over night

2 cups carrots

2 cups peas

1. Preheat oven to 325°F.
2. Combine all ingredients into a baking dish with enough water to cover.
3. Bake for 45 minutes to one hour, until tender.

Source: Great Lakes Inter-Tribal Council, Inc., *Tribal Cooking*, 1996

1 cup chopped onion

2 cups sliced potatoes

4 slices bacon or side pork,  
cut thin\*

## ZUCCHINI BEEF ITALIAN

*Makes 4 servings*

**Nutrients per serving:**

calories 224  
total fat 8.3g  
saturated fat 3g  
cholesterol 67mg  
sodium 552mg  
carbohydrate 15.6g  
dietary fiber 4.3g  
protein 23.4g

\* *Optional ingredients were not calculated in nutritional analysis.*

¾ cup chopped onion

1 medium green pepper,  
chopped

1 clove garlic, minced

½ cup water

1 can (29 oz) beef, drained  
and fat removed

1 can (about 16 oz) tomatoes,  
chopped

4 cups zucchini, cut into  
small pieces

½ tsp oregano

½ tsp basil

Salt and pepper, to taste,  
optional\*

Dash of hot pepper sauce,  
optional\*

1. Preheat oven to 350°F.
2. Saute onions, green peppers and garlic in water for 5 minutes.
3. Add beef, then stir in remaining ingredients.
4. Spoon ingredients into a one-quart casserole.
5. Bake for 30 minutes.

Adapted from: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*



## APPLESAUCE OATMEAL COFFEE CAKE

3 cups oats (quick or old-fashioned)

2½ cups all purpose flour

½ tsp cinnamon

1 tsp allspice

2 tsp baking powder

1½ tsp baking soda

1 cup brown sugar, packed

2 cups applesauce

1 cup skim milk

6 Tbsp vegetable oil

½ cup egg mix + ½ cup water or 2 eggs\*

2 Tbsp brown sugar, packed

¼ tsp cinnamon

1. Preheat oven to 375° F.
2. Combine first seven ingredients (oats through brown sugar).
3. Mix next four ingredients (applesauce through eggs) and add to the dry ingredients.
4. Stir just until moistened.
5. Pour into a 9" x 13" baking pan which has been sprayed with non-stick cooking spray.
6. Sprinkle brown sugar and cinnamon over the batter.
7. Bake for 35-40 minutes or until golden brown.

Source: USDA, Food and Nutrition Service, Midwest Regional Office, Special Nutrition Programs

*Makes 24 servings*

### Nutrients per serving:

calories 159

total fat 4.6g

saturated fat 0.7g

cholesterol 15mg

sodium 137mg

carbohydrate 26.6g

dietary fiber 1.1g

protein 3.4g

\* *Nutrient analysis was calculated with egg mix.*



## BREAKFAST BURRITO

½ cup onion, chopped  
¼ cup green pepper, chopped  
1 package (1 ½ cups) egg mix  
1½ cups water  
3 10-inch tortillas  
1 cup cheese, diced\*

3 slices of cheese\*  
Salt and pepper to taste,  
optional\*  
Salsa or Thousand Island  
Dressing, optional\*

1. Saute onion and green pepper in a medium pan.
2. Add egg mix and water. Scramble until eggs are almost done.
3. Spoon onto tortillas, and sprinkle diced cheese over the eggs.
4. Roll the tortillas and top with sliced cheese.
5. Microwave or place in the oven until cheese is melted.
6. Slice burritos in half, and top with salsa or Thousand Island dressing, if desired.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

*Makes 6 servings*

### Nutrients per serving:

calories 352  
total fat 19.9g  
saturated fat 8.2g  
cholesterol 216mg  
sodium 792mg  
carbohydrate 23.3g  
dietary fiber 1.9g  
protein 19.5g

\* *Nutrient analysis was calculated with American cheese. Optional ingredients were not calculated.*

## FRENCH TOAST

*Makes 12 servings*

### Nutrients per servings:

calories 195  
total fat 6.6g  
saturated fat 1.6g  
cholesterol 126mg  
sodium 321mg  
carbohydrate 21.4g  
dietary fiber 0.6g  
protein 11.8g

\* *Nutrient analysis was calculated with egg mix.*

2 cups water  
1¼ cups instant, nonfat dry milk  
2 cups egg mix + 2 cups water  
or 8 eggs, beaten\*  
1 tsp vanilla  
1 Tbsp sugar  
12 slices bread

1. Spray a griddle or skillet with non-stick cooking spray.
2. In a mixing bowl, combine dry milk and water. Stir until well blended.
3. Add eggs, vanilla and sugar. Mix well.
4. Dip each piece of bread into the mixture, coating both sides.
5. Transfer to the hot griddle or skillet and cook until both sides of bread are brown.

Source: USDA, Food and Nutrition Service, *Summertime Snacks*

# OATMEAL PANCAKES

- 3/4 cup rolled oats

2 cups water

1 1/2 cups all-purpose flour

1/2 cup nonfat dry milk powder

1/2 cup dry egg mix
- 2 Tbsp sugar

1 Tbsp baking powder

1/4 tsp salt

1/4 cup oil

- 
1. Add oats to the water and let stand for 5 minutes.

2. Sift together flour, dry milk powder, dry egg mix, sugar, baking powder and salt.

3. Stir dry ingredients into oats. Do not over mix.

4. Stir oil into the oats mixture. Do not over mix.

5. Cook on a hot, lightly oiled griddle or frying pan until golden.

6. Flip once when tops are covered with bubbles and edges look dry.

Adapted from: USDA, Food and Nutrition Service, *Quick and Easy Commodity Recipes*, PA-1449

*Makes 10 pancakes*

- Nutrients per serving:

calories 223

total fat 8.2g

saturated fat 1.4g

cholesterol 38mg

sodium 282mg

carbohydrate 29.2g

dietary fiber 1.7g

protein 8.2g

# TEX-MEX OMELET

*Makes 6 servings*

- Nutrients per serving:

calories 198

total fat 9.5g

saturated fat 2.4g

cholesterol 189mg

sodium 497mg

carbohydrate 15.3g

dietary fiber 1.7g

protein 14.6g

*\* Nutrient analysis was calculated with egg mix. Optional ingredients were not calculated.*

- 2 cups chopped, canned tomatoes, reserve liquid

3/4 cup cooked broccoli

1/3 cup green onion, minced

1/3 cup celery, minced
- 3/4 cup egg mix + 3/4 cup water or 6 eggs, slightly beaten\*

3/4 cup part-skim mozzarella cheese, grated

Salt and pepper, to taste, optional\*

- 
1. Combine the tomatoes, broccoli, onions, green pepper and celery in a large skillet with cover.

2. Cook, covered, over medium heat, stirring occasionally until celery is tender. Reduce heat to simmer.

3. In a medium bowl, combine eggs, reserved tomato liquid, salt and pepper.

4. Stir the egg mixture into the vegetable mixture, cover, and cook over medium heat until firm. Sprinkle with cheese.

5. Loosen the omelet with a spatula and slide onto a plate. Cut into 6 slices.

Source: Ellen L. Shanley, M.B.A., R.D., Colleen A. Thompson, M.S., R.D. and Susan A. Fiore, M.S., R.D. *Connecticut Cooks for Kids*

# WESTERN OVEN BAKED OMELET

*Makes 6 servings*

## Nutrients per serving:

calories 265  
total fat 14.4g  
saturated fat 5.3g  
cholesterol 214mg  
sodium 730mg  
carbohydrate 12.2g  
dietary fiber 0.1g  
protein 21g

\* *Nutrient analysis was calculated with pork and American cheese. Optional ingredients were not calculated.*

½ cup canned pork or beef,  
drained and fat removed\*

3 slices cheese\*

2 Tbsp chopped onion

2 Tbsp chopped green pepper

1½ cup dry egg mix

½ cup dry milk powder +

1½ cups water

½ tsp salt

Pepper, to taste, optional\*

1. Preheat oven to 350°F.
2. In frying pan, lightly brown meat.
3. Grease bottom of baking dish. Spread meat on bottom of dish and arrange cheese slices over the meat. Set aside.
4. In frying pan, saute onion and green pepper until tender. Set aside.
5. Beat together egg mix, milk, salt and pepper, if desired. Add onion and green pepper, then pour over cheese.
6. Bake 30 minutes. Let stand 5 minutes before cutting into wedges.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

## BREADS & MUFFINS

### APPLE-PEANUT BUTTER MUFFINS

2 cups all-purpose flour	¼ cup shortening
4 tsp baking powder	¼ cup peanut butter
¾ tsp salt	¼ cup honey
½ tsp cinnamon	½ cup applesauce
¼ cup egg mix	1 cup apple or orange juice*
½ cup non-fat dry milk	

1. Preheat oven to 400°F.
2. Combine flour, baking powder, salt, cinnamon, egg mix and dry milk. Set aside.
3. Combine the shortening and peanut butter. Add honey and mix well.
4. Stir in applesauce and juice.
5. Add flour mixture, and stir to moisten.
6. Fill greased muffin tins 2/3 full.
7. Bake for 20-25 minutes.

Source: University of Wisconsin Cooperative Extension Programs,  
*Peanut Butter*

*Makes 12 muffins*

#### Nutrients per serving:

calories 206  
total fat 8g  
saturated fat 1.8g  
cholesterol 16mg  
sodium 367mg  
carbohydrate 29.6g  
dietary fiber 1.1g  
protein 5.4g

\* *Nutrient analysis was  
calculated with apple juice.*



## BANANA BREAD

1¾ cup all-purpose flour  
1 Tbsp baking powder  
½ cup egg mix + ½ cup water  
or 2 eggs\*  
½ tsp salt

¾ cup sugar  
½ cup water  
½ cup oil  
1 cup mashed bananas

*Makes 18 slices*

Nutrients per serving:  
calories 158  
total fat 7.2g  
saturated fat 1.1g  
cholesterol 20mg  
sodium 170mg  
carbohydrate 21.4g  
dietary fiber 0.6g  
protein 2.6g

1. Preheat oven to 350°F.
2. Mix together all ingredients, except bananas. Stir just until moistened.
3. Mix in bananas. Pour into an oiled pan.
4. Bake 50-60 minutes or until toothpick inserted in center comes out clean. Bread may crack across the top.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*

## CHEESE BISCUITS

*Makes 12 biscuits*

### Nutrients per serving:

calories 248  
total fat 14.7g  
saturated fat 7g  
cholesterol 26mg  
sodium 632mg  
carbohydrate 24.9g  
dietary fiber 0.8g  
protein 4.6g

2 cups bakery mix  
⅔ cup lowfat milk  
½ cup shredded cheese\*

½ cup butter, melted  
¼ tsp garlic powder

1. Preheat oven to 450°F.
2. Mix together bakery mix, milk and cheese. Form a soft dough.
3. Drop by spoonfuls onto an ungreased baking sheet.
4. Bake 8-10 minutes.
5. Mix together butter and garlic powder.
6. Brush over warm biscuits before removing from the baking sheet.

Source: Fond du Lac Reservation Commodity Program

\* Nutrient analysis was calculated with American cheese.

# CLASSIC RAISIN YEAST BREAD

2 cups raisins	½ cup nonfat dry milk
1¾ cups hot water	¼ cup honey
2 packages active dry yeast	2 tsp salt
⅓ cup warm water (105-115°F)	1 tsp cinnamon
½ cup egg mix + ½ cup water or 2 eggs*	¼ cup shortening
	6 cups all-purpose flour, divided

1. Combine raisins and hot water.
2. Dissolve yeast in ⅓ cup warm water in a warm bowl.
3. Add eggs, dry milk, honey, salt, cinnamon, shortening and raisins with water.
4. Stir in 3 cups flour and beat well.
5. Gradually add remaining flour to make a dough.
6. Knead lightly on a floured board until smooth.
7. Cover with damp cloth, and let rise until doubled in size (about 2 hours).
8. Punch down and let rise again until doubled (about 1 hour).
9. Form into 2 loaves and place in 2 lightly greased 8x4x2-inch loaf pans.
10. Let dough rise until doubled in size and well-rounded over edges of pans.
11. Preheat oven to 375°F.
12. Bake 40-45 minutes.
13. Remove from pans and cool on wire rack.

Source: University of Wisconsin Cooperative Extension Programs, *Raisins*

*Makes 24 slices*

## Nutrients per serving:

calories 197  
total fat 3.3g  
saturated fat 0.8g  
cholesterol 15mg  
sodium 222mg  
carbohydrate 37.6g  
dietary fiber 1.5g  
protein 5.2g

\* *Nutrient analysis was  
calculated with egg mix.*

# CORN AND BLUEBERRY MINI MUFFINS

½ cup skim milk	½ tsp salt
⅓ cup dried blueberries or currants*	½ tsp grated lemon peel
1½ cups all-purpose flour	¼ cup butter, cut up
½ cup sugar	½ cup nonfat plain yogurt or buttermilk*
½ cup yellow cornmeal	¼ cup dry egg mix + ¼ cup water or 1 egg, slightly beaten*
1½ tsp baking powder	1 tsp vanilla extract
½ tsp baking soda	

1. Preheat oven to 375°F.
2. Grease 36 mini muffin pan cups (1 ¾ inch).
3. Microwave milk and blueberries on high for 30 seconds or heat on the stove.
4. Combine flour, sugar, cornmeal, baking powder, baking soda, salt and lemon peel in large bowl.
5. With pastry blender or two knives, cut in butter until mixture resembles coarse crumbs.
6. Stir in milk and blueberries, yogurt, egg and vanilla just until dry ingredients are moistened.
7. Spoon batter into pans. Bake 12-15 minutes until toothpick inserted in center comes out clean.
8. Remove muffins from pan and cool on wire racks.

Variation: Use regular size muffin cups instead of mini-muffin cups.

Source: Copyright 1997, Meredith Corporation. All rights reserved.  
Used with permission of *Ladies' Home Journal*.

*Makes 12 servings  
(3 mini-muffins each)*

Nutrients per serving:

calories 165  
total fat 4.9g  
saturated fat 2.6g  
cholesterol 26mg  
sodium 277mg  
carbohydrate 2.7g  
dietary fiber 1g  
protein 3.6g

\* *Nutrient analysis was  
calculated egg mix,  
blueberries and yogurt.*

## FLOUR TORTILLAS

3 cups all-purpose flour

1 Tbsp baking powder

1 tsp salt

1½ cups hot water

*Makes 12 tortillas*

### Nutrients per serving:

calories 113

total fat 0.3g

saturated fat 0g

cholesterol 0mg

sodium 317mg

carbohydrate 24g

dietary fiber 0.8g

protein 3.2g

1. Mix dry ingredients together.
2. Add water, and mix into a dough, adding flour as you work.
3. When dough is smooth, place in plastic wrap for 15 minutes.
4. Divide dough into 12 balls. Roll out to about 1/8" thick.
5. Cook in fry pan or griddle for about 1 minute on each side or until lightly browned. Keep warm in tin foil.

Source: White Earth Food Distribution Center, *Mexican Cookbook*, 1993

## ITALIAN BREAD

*Makes 2 large loaves  
(24 slices)*

### Nutrients per serving:

calories 76

total fat 0.2g

saturated fat 0g

cholesterol 0mg

sodium 98mg

carbohydrate 15.9g

dietary fiber 0.6g

protein 2.3g

1 package (5/16 oz) active  
dry yeast

2 cups very warm water (115°F)

4 cups all-purpose flour

1 tsp salt

1. Blend yeast with warm water in a small bowl. Set aside for 5 minutes.
2. Blend remaining ingredients in a large bowl.
3. Make a well in the middle, and add yeast mixture.
4. Knead for 5 minutes or until dough is smooth.
5. Spray a warm bowl with non-stick cooking spray.
6. Place dough in bowl. Cover and let rise about 30 minutes in a draft-free area.
7. Place dough on a floured board. Let rest for 10 minutes.
8. Divide into 2 pieces. Form into 2 large loaves.
9. Place on an oiled baking sheet. Allow to rise for 1 hour.
10. Preheat oven to 425°F.
11. Bake 20-25 minutes.

Source: Menominee Tribe of Wisconsin Food Distribution Program



## MEXICAN CORNBREAD

1 can (about 16 ounces)  
cream-style corn  
½ cup egg mix + ½ cup water  
or 2 eggs\*  
1 cup yellow corn meal  
¾ cup lowfat milk

3 Tbsp vegetable oil  
½ tsp baking soda  
½ tsp salt (optional)\*  
1 can (4 oz) diced chiles  
2 ounces lowfat cheddar  
cheese, grated

*Makes 9 slices*

### Nutrients per serving:

calories 178  
total fat 7.7g  
saturated fat 1.6g  
cholesterol 43mg  
sodium 366mg  
carbohydrate 22.5g  
dietary fiber 1.8g  
protein 6.7g

1. Preheat oven to 400° F.
2. Mix all ingredients and pour into an 8" x 8" pan that has been sprayed with non-stick cooking spray.
3. Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.

Source: Brenda J. Ponichtera, R.D. Reprinted with permission from *Quick and Healthy Volume II* (ScaleDown Publishing, Inc.)

\* *Nutrient analysis was calculated with egg mix. Optional ingredients were not calculated.*

## PUMPKIN MUFFINS

*Makes 12 muffins*

### Nutrients per serving:

calories 206  
total fat 12.8g  
saturated fat 1.9g  
cholesterol 31mg  
sodium 170mg  
carbohydrate 19.8g  
dietary fiber 3.1g  
protein 5.4g

\* *Nutrient analysis was calculated with egg mix.*

1 ½ cups whole wheat flour  
¾ tsp cinnamon  
½ tsp ginger  
½ tsp nutmeg  
1¼ tsp baking soda  
½ cup raisins

1/3 cup peanuts, chopped  
½ cup egg mix + ½ cup water  
or 2 eggs\*  
½ cup vegetable oil  
1 cup canned pumpkin

1. Preheat oven to 400° F. Spray muffin pan with non-stick cooking spray.
2. Measure first 7 ingredients (flour through peanuts) into a large bowl. Stir until well mixed.
3. In another bowl, mix together eggs, oil and pumpkin until smooth.
4. Add pumpkin mixture to dry ingredients. Stir just until moist. Do not beat.
5. Fill muffin pan.
6. Bake for 20 minutes, until tops are light brown.

Source: USDA Food and Nutrition Service, *Quick & Easy Commodity Recipes*, PA-1449

# SWEET POTATO BREAD

½ cup shortening	½ tsp salt
½ cup applesauce	1 tsp cinnamon
½ cup honey	½ cup egg mix
½ cup orange juice	1 can (16 oz) sweet potatoes, drained and chopped
1 tsp vanilla extract	½ cup peanuts, chopped
1½ cups all-purpose flour	
1½ tsp baking soda	

1. Preheat oven to 325°F.
2. In a large bowl, beat together shortening, applesauce and honey.
3. Add orange juice and vanilla. Set aside.
4. In a separate bowl, sift together flour, baking soda, salt, cinnamon and egg mix.
5. Add to shortening mixture. Mix well.
6. Fold in sweet potatoes and peanuts.
7. Spread into a greased, floured, 9x5x3-inch pan.
8. Bake 60 minutes.
9. Cool in pan for 10 minutes.
10. Turn out on wire rack and cool completely.

Adapted from: University of Wisconsin Cooperative Extension Programs, *Sweet Potatoes*

*Makes 12 slices*

## Nutrients per serving:

calories 272  
total fat 13.2g  
saturated fat 2.9g  
cholesterol 31mg  
sodium 328mg  
carbohydrate 34.8g  
dietary fiber 2.1g  
protein 5.5g

## DESSERTS

### APPLE CRUNCHIES

3 Tbsp peanut butter  
 3 Tbsp ready-to-eat rice cereal  
 or other cereal

½ cup apple, chopped

*Makes 2 servings*

#### Nutrients per serving:

1. In a bowl, mix peanut butter and cereal.
2. Add chopped apple and toss until coated.
3. Shape into two balls and refrigerate until ready to serve.

Source: Ellen L. Shanley, M.B.A., R.D., Colleen A. Thompson, M.S., R.D. and Susan A. Fiore, M.S., R.D. *Connecticut Cooks for Kids*

calories 168  
 total fat 12.2g  
 saturated fat 2.3g  
 cholesterol 0mg  
 sodium 134mg  
 carbohydrate 11.6g  
 dietary fiber 2.2g  
 protein 6.2g

### APPLESAUCE CAKE

*Makes 15 servings*

#### Nutrients per serving:

calories 337  
 total fat 10.5g  
 saturated fat 2.3g  
 cholesterol 24mg  
 sodium 273mg  
 carbohydrate 58.1g  
 dietary fiber 1.7g  
 protein 5.1g

\* *Optional ingredients were not calculated in nutrition analysis.*

2½ cups all-purpose flour

2 cups sugar

1½ tsp salt

¼ tsp baking powder

¾ tsp cinnamon

½ tsp allspice

1 can (16 oz) applesauce

1 cup water

½ cup shortening

½ cup dry egg mix

1 cup raisins

½ cup peanuts, chopped

Frosting, optional\*

1. Preheat oven to 350°F.
2. Grease and flour a 13"x 9"x2" cake pan.
3. Combine all ingredients in large bowl.
4. Beat on low speed for 30 seconds. Beat on high speed for 3 minutes, scraping sides of bowl as needed.
5. Pour into pan and bake for 60-65 minutes, or until toothpick inserted into center comes out clean.
6. Let cool and frost, if desired.

Source: *Menominee Tribe of Wisconsin, Commodity Food Cookbook*

## APPLESAUCE RAISIN OATMEAL BARS

1 cup shortening  
1 cup brown sugar, packed  
½ cup granulated sugar  
½ cup dry egg mix + ½ cup water or 2 eggs\*  
1 tsp vanilla  
¾ cup applesauce

1¾ cup all-purpose flour  
1 Tbsp baking powder  
1 tsp cinnamon  
¼ tsp salt  
3 cups quick or rolled oats  
1 cup raisins or other chopped dried fruit\*

1. Preheat oven to 350°F.
2. Grease a 13"x9"x2" pan.
3. Cream together shortening, brown sugar and granulated sugar.
4. Mix in eggs, vanilla and applesauce. Set aside.
5. In another bowl, stir together flour, baking powder, cinnamon and salt. Add to creamed mixture.
6. Stir in oats and raisins.
7. Spoon batter into pan.
8. Bake for 30-35 minutes or until golden brown.
9. Cool completely before cutting.

*Makes 24 servings*

### Nutrients per serving:

calories 272  
total fat 10.7g  
saturated fat 2.6g  
cholesterol 15mg  
sodium 108mg  
carbohydrate 40.1g  
dietary fiber 2.7g  
protein 5.3g

*\* Nutrient analysis was calculated with egg mix and raisins.*

## BAKED APPLES

*Makes 3 servings*

### Nutrients per serving:

calories 148  
total fat 0.5g  
saturated fat 0.1g  
cholesterol 0mg  
sodium 0mg  
carbohydrate 38.4g  
dietary fiber 4.1g  
protein 0.3g

3 small apples  
¼ cup water

¼ cup sugar  
1 tsp cinnamon

1. Preheat oven to 350°F.
2. Wash and slice apples, ¼-inch thick, removing core and seeds.
3. Spray baking dish with non-stick cooking spray. Add water to pan.
4. Place apples in pan.
5. Sprinkle with sugar and cinnamon.
6. Bake for 45 minutes, until apples are tender.

Adapted from: Indiana Dept. of Education, *Yummy, Yummy to My Tummy!*, 1998



# GREAT PUMPKIN COOKIES

2 cups all-purpose flour  
1 cup quick or old fashioned  
oats, uncooked  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp salt  
1 cup butter, softened  
1 cup brown sugar, packed  
1 cup granulated sugar

¼ cup egg mix + ¼ cup water  
or 1 egg, slightly beaten\*  
1 tsp vanilla  
1 cup canned pumpkin or  
mashed sweet potatoes\*  
1 cup raisins  
Peanut butter, raisins, nuts,  
optional\*

*Makes about 20 large cookies*

## Nutrients per serving:

calories 271  
total fat 10.4g  
saturated fat 6g  
cholesterol 34mg  
sodium 261mg  
carbohydrate 42.6g  
dietary fiber 1.9g  
protein 3.6g

1. Preheat oven to 350°F.
2. Combine flour, oats, baking soda, cinnamon and salt. Set aside.
3. Cream butter. Gradually add both sugars, beating until light and fluffy.
4. Add egg and vanilla. Mix well.
5. Add pumpkin and stir.
6. Slowly add flour mixture.
7. Drop about ¼ cup dough onto lightly greased cookie sheet.
8. Spread into pumpkin shape, using a thin metal spatula.
9. Add small amount of dough to form the pumpkin's stem.
10. Bake for 20-25 minutes, until cookies are firm and lightly browned.
11. Remove from cookie sheet, cool on wire rack.
12. Decorate cookies by using peanut butter to hold raisins or nuts, if desired.

Source: University of Wisconsin, Cooperative Extension Service,  
*Pumpkin and Sweet Potatoes*

*\* Nutrient analysis was calculated with egg mix and pumpkin. Optional ingredients were not calculated.*

# NEW OATMEAL RAISIN COOKIES

*Makes 30 servings  
(1 cookie each)*

**Nutrients per serving:**

calories 77  
total fat 1.6g  
saturated fat 0.6g  
cholesterol 8mg  
sodium 46mg  
carbohydrate 14.3g  
dietary fiber 0.9g  
protein 1.9g

*\* Nutrient analysis was calculated with egg mix.*

¾ cup sugar	¼ tsp baking soda
2 Tbsp butter	½ tsp cinnamon
¼ cup egg mix + ¼ cup water or 1 egg*	⅛ tsp nutmeg
2 Tbsp lowfat milk	¼ tsp salt
¼ cup applesauce	1¼ cup quick oats
¾ cup all-purpose flour	½ cup raisins

1. Preheat oven to 350°F.
2. Cream sugar and margarine until smooth.
3. Slowly add egg. Mix for 1 minute on medium speed.
4. Add milk and applesauce. Mix for 1 minute. Set aside.
5. In a small bowl, combine flour, baking soda, cinnamon, nutmeg and salt.
6. Slowly add dry ingredients to the creamed mixture. Mix for 2 minutes on low speed until blended.
7. Add oats and raisins. Blend for 30 seconds on low speed.
8. Place dough by rounded teaspoons onto lightly greased cookie sheets.
9. Bake for 10-13 minutes or until lightly browned.
10. Cool on wire racks.

Source: USDA, Food and Nutrition Service, *Food, Family and Fun*

## PEACH CRISP

3 cups canned peaches,  
drained, sliced  
¼ cup brown sugar, packed  
¾ cup all-purpose flour  
½ cup sugar\*

¼ tsp salt  
¼ tsp cinnamon  
⅓ cup butter, melted  
¼ cup egg mix + ¼ cup water  
or 1 egg, beaten\*

*Makes 6 servings*

### Nutrients per serving;

calories 334  
total fat 11.8g  
saturated fat 6.7g  
cholesterol 58mg  
sodium 247mg  
carbohydrate 55.1g  
dietary fiber 2.4g  
protein 4.1g

1. Preheat oven to 375°F.
2. In a baking pan, mix peaches with brown sugar. Set aside.
3. Mix flour, sugar, salt and cinnamon together. Set aside.
4. Add egg to dry ingredients. Spread over peaches and brown sugar.
5. Pour butter on top.
6. Bake for 45 minutes, until lightly browned.
7. Serve warm.

Variation: Use other fruit, such as pears, instead of peaches.

Source: Bad River Band of Lake Superior Chippewa Indians Food  
Distribution Program

\* *Nutrient analysis was calculated with egg mix. To reduce the carbohydrate and calories, sugar was reduced from ¾ cup to ½ cup.*

## PEANUT BUTTER FRUIT CRISP

*Makes 4 servings*

### Nutrients per serving:

calories 320  
total fat 9.9g  
saturated fat 3.8g  
cholesterol 11mg  
sodium 91mg  
carbohydrate 52.8g  
dietary fiber 4.9g  
protein 7.6g

1 can (about 16 oz) sliced  
fruit, drained\*  
½ cup all-purpose flour  
3 Tbsp brown sugar, packed

½ cup rolled oats  
⅛ tsp cinnamon  
2 Tbsp peanut butter  
1½ Tbsp butter

1. Preheat oven to 375°F.
2. Place fruit in a 1-quart casserole.
3. Stir together flour, brown sugar, oats and cinnamon.
4. Add peanut butter and butter. Mix with a fork until crumbly.
5. Sprinkle crumb mixture over fruit.
6. Bake for 20 minutes or until golden brown.
7. Serve warm.

\* *Nutrient analysis was calculated with peaches.*

Source: Purdue University Cooperative Extension Service, *Fast and Flexible*

## STOVE TOP RICE PUDDING

*Makes 8 servings*

### Nutrients per serving:

calories 273  
total fat 4.7g  
saturated fat 1.2g  
cholesterol 95mg  
sodium 221mg  
carbohydrate 45.5g  
dietary fiber 0.8g  
protein 12.2g

1 cup uncooked rice

1/3 cup sugar

1/2 tsp cinnamon

1 tsp nutmeg

1 cup dry egg mix + 1/2 cup water

1 can evaporated milk

1/8 tsp salt

2 tsp vanilla

1/2 cup raisins

1. Cook rice according to directions on package.
2. Mix together sugar, cinnamon and nutmeg. Set aside.
3. Combine eggs, evaporated milk and salt. Stir well.
4. Add to cooked rice.
5. Cook over medium heat, stirring constantly until mixture thickens.
6. Remove from heat. Stir in vanilla and raisins.
7. Serve hot. If pudding becomes too thick as it stands, add evaporated milk to each serving.

Source: Menominee Tribe of Wisconsin, *Commodity Food Cookbook*



## KITCHEN NOTES:



## REDISCOVERING RESOURCES

American Cancer Society  
(404) 320-3333  
<http://www.cancer.org/>

American Diabetes Association  
(703) 549-1500  
<http://diabetes.org/>

American Dietetic Association  
(312) 899-0040  
<http://www.eatright.org/>

American Heart Association  
(214) 373-6300  
<http://www.americanheart.org/>

Fight BAC—Fighting the Problem  
of Foodborne Illness  
<http://www.fightbac.org/>

Food Allergy Network  
(703) 691-3179  
<http://foodallergy.org/>

Great Lakes Inter-Tribal Council  
Family Nutrition Program  
(Serving the Indian Tribes of Wisconsin)  
(715) 588-3324

National Osteoporosis Foundation  
(202) 223-2226  
<http://nof.org>

USDA Meat and Poultry Hotline  
(800) 535-4555

USDA - Food, Nutrition, and Consumer Services  
<http://www.fns.usda.gov/fncs/>

USDA - Food and Nutrition Service  
Midwest Regional Office  
(312) 353-1900

Other important numbers:

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## COUNTY EXTENSION OFFICES

### MICHIGAN

#### Alcona County

PO Box 800  
County Building  
Harrisville, MI 48740-0800  
(517) 724-6478

#### Alger County

101 Court Street  
Munising, MI 49862-1103  
(906) 387-2530

#### Allegan County

County Building Annex  
108 Chestnut Street  
Allegan, MI 49010-1349  
(616) 673-0370

#### Alpena County

603 S. 11<sup>th</sup> Avenue  
Alpena, MI 49707-2645  
(517) 354-3636

#### Antrim County

PO Box 427  
County Building  
Bellairo, MI 49615-0427  
(616) 533-8818 ext. 253

#### Baraga County

Courthouse Annex  
12 N. Third Street  
L'Anse, MI 49946-1091  
(906) 524-6300

#### Benzie County

PO Box 307  
Government Center  
Beulah, MI 49617-0307  
(616) 429-2425

#### Berrien County

5060 St. Joseph Avenue  
Stevensville, MI 49127-1046  
(616) 429-2425

#### Cass County

County Service  
201 E. State Street  
Cassopolis, MI 49031-1352  
(616) 445-8661

#### Charlevoix County

319B N. Lake Street  
Boyne City, MI 49712-1101  
(616) 582-6232

#### Cheboygan County

PO Box 70  
County Building  
Cheboygan, MI 49721-0070  
(616) 627-8815

#### Chippewa County

300 Court Street  
Sault Ste. Marie, MI 49783-2139  
(906) 635-6368

#### Crawford County

County Building  
200 Michigan Avenue  
Grayling, MI 49738-1743  
(517) 348-2844 ext. 264

#### Delta County

2840 College Avenue  
Escanaba, MI 49829-9591  
(906) 786-3032

#### Dickinson County

Community Services Center  
800 Crystal Lake Boulevard  
Iron Mountain, MI 49801-2765  
(906) 774-0363

#### Emmet County

438 Lake Street  
Petoskey, MI 49770-2467  
(616) 348-1770

#### Gogebic County

104 S. Lowell  
Ironwood, MI 49938-2092  
(906) 932-1420

#### Grand Traverse County

1102 Cass Street, Suite A  
Traverse City, MI 49684-3236  
(616) 922-4620

#### Houghton-Keweenaw County

1500 Birch Street  
Hancock, MI 49930-1095  
(906) 482-5830



**MICHIGAN, cont.**

**Iosco County**

PO Box 599

Tawas City, MI 48764-0559

(517) 362-3449

**Iron County**

2 S. Sixth Street

Crystal Falls, MI 49920-1400

(906) 875-6642

**Kalkaska County**

County Government Center

605 N. Birch Street

Kalkaska, MI 49646-9436

(616) 258-3320

**Lake County**

Rt. 3, Box 2235

Baldwin, MI 49304-2235

(616) 745-2732

**Leelanau County**

116 E. Phillip Street

Lake Leelanau, MI 49653-9782

(616) 256-9888

**Luce County**

County building Room 26

407 W. Harrie Street

Newberry, MI 49868-1208

(906) 293-3203

**Mackinaw County**

Mackinaw County Courthouse

100 Marley Street

St. Ignace, MI 49781-1457

(906) 643-7307

**Manistee County**

6433 Eight Mile Road

Bear Lake, MI 49614-9712

(616) 889-4277

**Marquette County**

200 W. Spring Street

Marquette, MI 49855-4630

(906) 228-1556

**Mason County**

102 S. Main Street, Suite 4

Scottville, MI 49454-12221

(616) 757-4789

**Menominee County**

PO Box 157

Stephenson, MI 49887-0157

(906) 753-2209

**Missaukee County**

6180 W. Sanborn Rd., Box 800

Lake City, MI 49651-0800

(616) 839-4667

**Montmorency County**

Courthouse Annex

PO Box 415

Atalanta, MI 49709-0415

(517) 785-4177

**Ogemaw County**

County Building, 205 S. Eighth

West Branch, MI 48661-1207

(517) 345-0692

**Ontonagon County**

Courthouse

725 Greenland Road

Ontonogon, MI 49953-1423

(906) 884-4386

**Oscoda County**

Courthouse Annex

PO Box

Mio, MI 48647-0069

(517) 826-1160

**Ostego County**

200 Livingston Boulevard

Gaylord, MI 49735-9397

(517) 731-0272

**Presque Isle**

151 E. Huron Avenue

PO Box 110

Rogers City, MI 49779-1709

(517) 734-2168

**Roscommon County**

Courthouse

PO Box 507

Roscommon, MI 48653-0507

(517) 275-5043

**Schoolcraft County**

County Courthouse, Room 218

300 Walnut Street

Maniistique, MI 49854-1485

(906) 341-5050

**Van Buren County**

Suite A

801 Hazen Street

Paw Paw, MI 49707-1077

(616) 657-7745

**Wexford County**

Courthouse

401 N. Lake Street

Cadillac, MI 49601-1891

(616) 779-9480

## **MINNESOTA**

### **Aitkin County Extension**

Courthouse  
209 2nd Street NW  
Aitkin, MN 56431-1257  
(218) 927-7321

### **Becker County Extension**

Ag Service Center  
809 8th Street SE  
Detroit Lakes, MN 56501-2842  
(218) 847-3141

### **Beltrami County Extension**

815 15th Street NW  
Bemidji, MN 56601-2501  
(218) 759-0038

### **Benton County Extension**

Courthouse -531 Dewey Street  
PO Box 650  
Foley, MN 56329-0650  
(320) 968-7214

### **Carlton County Extension**

310 Chestnut Street  
PO Box 307  
Carlton, MN 55718-0307  
(218) 384-3511

### **Cass County Extension**

Courthouse, PO Box 3000  
Walker, MN 56484-3000  
(218) 547-7392

### **Clearwater County Extension**

Clearwater County Building  
113 7<sup>th</sup> Street NE, Box B  
Bagley, MN 56621-9103  
(218) 694-6151

### **Cook County Extension**

Community Center Bldg  
PO Box 1150, 317 West 5th  
Grand Marais, MN 55604-1150  
(218) 387-3015

### **Crow Wing County Extension**

Courthouse  
326 Laurel Street  
Brainerd, MN 56401-3578  
(218) 828-3980

### **Houston County Extension**

419 Foltz Drive  
P.O. Box 228  
Caledonia, MN 55921-0228  
(507) 724-5807

### **Hubbard County Extension**

Courthouse  
301 Court Avenue  
Park Rapids, MN 56470-1483  
(218) 732-3391

### **Itasca County Extension**

Courthouse  
123 4th Street NE  
Grand Rapids, MN 55744-2600  
(218) 327-2849

### **Kanabec County Extension**

905 E Forest Avenue #140  
Mora, MN 55051-1617  
(320) 679-6340

### **Koochiching County Extension**

Courthouse Complex  
718 5th Street  
Internationall Falls, MN  
56649-2486  
(218) 283-6282

### **Mahnomen County Extension**

Courthouse  
311 Main, PO Box 477  
Mannomen, MN 56557-0477  
(218) 935-2226

### **Pine County Extension**

105 Fire Monument Road  
PO Box 370  
Hinckley, MN 55037-0370  
(320) 384-6156

### **Red Lake County Extension**

Courthouse  
PO Box 279  
Red Lake Falls, MN 56750-0279  
(218) 253-2895

### **Red Lake Nation**

Comprehensive Health Center  
PO Box 279  
Red Lake, MN 56671-0279  
(218) 679-3316

### **St Louis County Extension**

109A Washburn Hall  
2305 E 5<sup>th</sup> Street  
Duluth, MN 55812-1445  
(218) 726-7512

**St Louis County Extension**  
Northland Office Center  
307 1st Street South, Suite 114  
Virginia, MN 55792-2668  
(218) 749-7120

**St Louis County Extension**  
Hibbing Memorial Building  
400 E 23rd Street  
Hibbing, MN 55746-1961  
(218) 262-0144

**Sherburne County Extension**  
Sherburne County Gov't Center  
13880 Hwy 10  
Elk River, MN 55330-4601  
(800) 433-5236

## **WISCONSIN**

### **Adams County**

149 N. Main Street  
PO Box 489

Adams, WI 53910  
(608) 339-4237

### **Ashland County**

Rm 107 Courthouse  
201 W. Main Street  
Ashland, WI 54806-1652  
(715) 682-7017

### **Barron County**

Courthouse  
330 E. LaSalle Avenue  
Barron, WI 54812-1540  
(715) 537-6250

### **Bayfield County**

County Administration Bldg  
117 E. 5th Street  
Washburn, WI 54891-9464  
(715) 373-6104

### **Brown County**

Ag & Extension Service Center  
1150 Bellevue Street  
Green Bay, WI 54302-2259  
(920) 391-4610

### **Burnett County**

7410 County Road K  
Room 107  
Siren, WI 54872  
(715) 349-2151

### **Clark County**

Courthouse  
517 Court Street, Box 68  
Neillsville, WI 54456-0068  
(715) 743-5121

### **Columbia County**

Co Agricultural Center  
120 W. Conant Street, Box 567  
Portage, WI 53901-0567  
(608) 742-9680

### **Crawford County**

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Prairie du Chein,  
WI 53821-1995  
(608) 326-0223

### **Douglas County**

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Superior, WI 54880-2769  
(715) 395-1363

### **Dunn County**

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Menomonie, WI 54751-2265  
(715) 232-1636

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227 First Street West  
Altoona, WI 54720-1601  
(715) 839-4712

### **Florence County**

Florence Natural Resource Center  
HC1 Box 82A  
Florence, WI 54121  
(715) 528-4480

### **Forest County**

Courthouse  
200 E. Madison  
Crandon, WI 54520-1414  
(715) 478-2212

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Courthouse  
300 Taconite Street  
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(715) 561-2695

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(715) 284-4257

### **Juneau County**

Courthouse  
220 E. State Street  
Mauston, WI 53948-1386  
(608) 847-9329

### **LaCrosse County**

300 N. 4th Street  
LaCrosse, WI 54601-3299  
(608) 785-9593

### **Langlade County**

837 Clermont Street  
Box 460  
Antigo, WI 54409-0460  
(715) 627-6236

### **Lincoln County**

County Annex  
1106 E 8th Street, Box 917  
Merrill, WI 54452-0917  
(715) 536-0304



**Marathon County**  
Room 140 Courthouse  
500 Forest Street  
Wausau, WI 54403-5568  
(715) 261-1230

**Marinette County**  
Courthouse  
1926 Hall Avenue  
Marinette, WI 54143-1717  
(715) 732-7510

**Menominee County**  
UWEX Courthouse  
PO Box 279  
Keshena, WI 54135  
(715) 799-4654

**Monroe County**  
Courthouse Annex  
112 S. Court Street Box 309  
Sparta, WI 54656-0309  
(608) 269-8722

**Oconto County**  
Courthouse  
301 Washington Street  
Oconto, WI 54153-1699  
(920) 834-6845

**Oneida County**  
3375 Airport Road  
Box 1208  
Rhineland, WI 54501-1208  
(715) 365-2750

**Outagamie County**  
3365 Brewster Street  
Appleton, WI 54914  
(920) 832-5121

**Polk County**  
Agricultural Center  
215 Main Street, Box 160  
Balsam Lake, WI 54810-0160  
(715) 485-8600

**Portage County**  
Courthouse Annex Building  
1462 Strongs Avenue  
Stevens Point, WI 54481-3598  
(715) 346-1316

**Rusk County**  
Courthouse  
311 Miner Avenue East  
Ladysmith, WI 54848-1895  
(715) 532-2151

**Sauk County**  
West Square Administration Bldg  
505 Broadway  
Baraboo, WI 53913-2404  
(608) 355-3250

**Sawyer County**  
Courthouse  
406 Main Box 351  
Hayward, WI 54843-0351  
(715) 634-4839

**Shawano County**  
Rm 101 Courthouse  
311 N Main Street  
Shawano, WI 54166-2198  
(715) 526-6136

**Trempealeau County**  
Courthouse  
1720 Main Street Box 67  
Whitehall, WI 54773-0067  
(715) 538-2311 ext. 206

**Vilas County**  
Courthouse  
330 Court Street  
Eagle River, WI 54521  
(715) 479-3648

**Washburn County**  
Suite 1  
850 W Beaver Brook Avenue  
Spooner, WI 54801-9801  
(715) 635-4444

**Waupaca County**  
Courthouse  
811 Harding Street  
Waupaca, WI 54981-2087  
(715) 258-6230

**Wood County**  
Courthouse  
400 Market St. Box 8095  
Wisconsin Rapids, WI 54495  
(715) 421-8440

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